



Okinawan Genealogical Society of Hawaii  
 c/o HUOA  
 94-587 Ukee Street  
 Waipahu, Hawaii 96797

[OGSHnews@gmail.com](mailto:OGSHnews@gmail.com)

Zoom Meeting  
 Saturday, July 17, 2021  
 9AM



[https://www.youtube.com/watch?v=nwk8o\\_r00MA](https://www.youtube.com/watch?v=nwk8o_r00MA)

e-Newsletter  
 2021  
 July

**Agenda:**

Guest Speakers: Brandon Ing and Chris Li  
 Brandon Ing "Folk Songs and Identity"  
 Treasurer's Report  
 Chris Li - OGSHTour Group for Taikai 2022  
 Okinawan Festival 2021 Update  
 Bonnenkai 2021 Update  
 HUOA 70<sup>th</sup> Anniversary Celebration – Poster Board  
 Committee Reports

**Upcoming Events:**

17 July 2021- OGSHTour Meeting, 9AM  
 24 July 2021- 11:59PM,-Deadline to pre-order 2021 Okinawan T-shirts  
 21 August 2021 – Speaker Gwen Fujie  
 4&5 September 2021-Virtual Okinawan Festival "Sharing Uchinaanchu Aloha"

**Guest Speaker Brandon Ing  
 "Folk Songs and Identity"**

*"Born and raised in Hawai'i on the island of O'ahu, Brandon is 4th generation uchinaanchu on his mother's side. Also a practitioner of the sanshin and*

*traditional Okinawan music, he currently writes songs using uchinaaguchi, hoping to spread awareness of and help revive the language."*



<https://brandoning.bandcamp.com/album/lets-sing-uchinaaguchi>

Joy's Word of the Month

**Nachi**

(n) Summer; summertime; the summer season

**President's Message:**

Haitai OGSHT Members!

Just a reminder that OGSHT is coordinating a group tour to the Taikai in 2022 with JTB. We are hoping to recruit 40 participants for a dedicated bus, which would give us the opportunity to create our own itinerary. If you wish to join the OGSHT tour, please email Jackie Toma at [jtoma07@gmail.com](mailto:jtoma07@gmail.com) and provide the names of the people in your party along with the contact information (email, phone & address) of your group's leader. Also, please register and pay your deposit with JTB. Please hurry as we have a July 31, 2021 deadline.

Until we can all meet again in person, take care and stay safe.

Ippee Nihee Deebiru,  
 Joy Schoonover



**7th Worldwide Uchinaanchu Festival Okinawa 2022 - Chibariyo!**

**Registration for Okinawa 2022 - Chibariyo!**

Please choose your preferred tour dates and vehicles subject to change. You may change at a later date!

Oct 27 - Nov 1 (5 nights) with Sunrise Cruises (Okinawa) and Chivali - Airway Naha's Travel Service  
 Oct 27 - Nov 8 (9 nights) with Linda Cruise  
 Oct 27 - Nov 1 (9 nights) with Linda Cruise

Please enter your name correctly on this page for your passport.

Primary Contact: \_\_\_\_\_

Name: \_\_\_\_\_ Title: \_\_\_\_\_ Email: \_\_\_\_\_

Home Phone Number: \_\_\_\_\_ Cell or Mobile Phone Number: \_\_\_\_\_ Fax Number: \_\_\_\_\_

Name of other travelers in your party (as they appear on passports, see second page if needed):  
 No. \_\_\_\_\_ Name: \_\_\_\_\_ Title: \_\_\_\_\_ Email: \_\_\_\_\_  
 No. \_\_\_\_\_ Name: \_\_\_\_\_ Title: \_\_\_\_\_ Email: \_\_\_\_\_

Notes (Sharing with other parties, etc.): \_\_\_\_\_

**YOUR DEPOSIT MUST BE PAID FOR PASSPORT** (only individuals for any reason with a country plan to depart)

Country of origin: \_\_\_\_\_ Passport No.: \_\_\_\_\_ Visa: \_\_\_\_\_ Return: \_\_\_\_\_

Name of Credit Card Holder: \_\_\_\_\_ Expiration Date: \_\_\_\_\_  
 Card Number: \_\_\_\_\_ Name of Issuing Bank: \_\_\_\_\_  
 Card Holder's Home Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Title: \_\_\_\_\_

Total amount: \_\_\_\_\_ Cardholder's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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 1100 Ala Moana Blvd., Suite 1710, Honolulu, HI 96814  
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*"Kupuna Aikido thanks OGSB for letting us present Safe Falling to a wonderful audience. When classes are ready, Curtis Shinsato will alert OGSB members to register on [www.KupunaAikido.org](http://www.KupunaAikido.org). Stay safe everyone!"*  
*Curtis*

June 19, 2021, OGSB Meeting

Kupuna Aikido: Fall Prevention and Safety: Preserve Your Independence

Speaker: Bill Doi



My name is Bill Doi and I represent the group, Kupuna Aikido. We are a non-profit group and the purpose of our being is to help or teach our kupuna how to fall in such a way to minimize or prevent injury. We're often asked the name Kupuna Aikido, Aikido throws people off. Are we going to teach kupuna Aikido to become martial artist? The answer is 'no', but the things that we teach come from Aikido. If you go to any Aikido dojo, you will see that they're always practicing in pairs. One person is throwing and the other person is being thrown. So, over a period of time you get to be very good at falling. This is where our expertise comes in. The fact that we have been taking Aikido for a long time.

Let me get started with some statistics. Kind of scary statistics, but unfortunately it's true. There are 900 injuries a year due to automobile accidents a year. That sounds like a lot. That's 2 or 3 a day. But if you look at the injuries caused by falling, it's 2,600. So there is 3 times more people injured annually than from automobile accidents. So, falling is a big deal. Falling itself is the leading cause of fatal injuries and the most common non-fatal injuries there is. Referring to a graphic, 'Falls' account for 50.2% of unintentional deaths, a little more than half of unintended deaths in the U.S. In the U.S., every 11 seconds an older adult is seen in an emergency department for a fall-related injury. Every 19 minutes, an older adult dies because of a fall and 60% of falls occur at home, of which, 61% of elders that fall are women. That makes sense because you're at home more times than you are out. The fact that you are at home does not mean you are safe because more accidents happen at home than while out. Be aware that being at home can be a dangerous place. Also, 90% of all hip fractures that occur each year are due to falls. Of all the people who fracture their hip, 40% will require nursing home care and 50% will need a cane or walker for the rest of their lives. Only 25% of all hip fracture patients will make a full recovery. Only 1 out of 4 will make a full recovery. Older people have a tendency to fall more than younger people. Elders who are 85+ are 10 times more likely to fall than those who are 65-69.



Let's look at how not to fall. The average person will fall with the arms extended to try to brace and the medical term is 'defensive reflex.'" If you fall with your arms extended, you may break your wrist, which is one of the possibilities and because of the pain, you may draw your arms back and then you land on your face. So, the type of injuries you can get are face, wrist, elbow, and shoulder. So, when you fall **DON'T BRACE**. When your arms are stiff, things can break. If you are not stiff, you can absorb the shock.

When we are talking about falling safely, what do we mean? It means to protect the head, front and back from injury. Your head is vulnerable. If you damage your head, you will have a difficult time repairing it. It also means protecting your elbow, hip, shin, shoulders, and tailbone.



So, how do you do this? First thing to do is lower your center of gravity. The lower you are to the ground, the less damage there will be. This is something that needs to become a part of you. So, if you are falling, get down low. Also try to land on the soft tissue of your body. Not on your sharp bones like your elbow, knee, hip, face. Land on your soft tissues like the side of your thigh, side of your calf, your buttocks, or muscles in your back or upper back or shoulders. These are the soft tissues. If you can land on these things, your risk of injury is significantly reduced. So, if you fall, try to fall in a way to land on soft tissue. If you fall on your soft tissue, you are distributing the load over a large area.



Let me tell you a personal story. It happens to be my family. My wife comes from a family of 6 girls. The oldest is 87 and the youngest is 77. Of the 6 girls, 4 have passed away. The first girl was watching TV., she got up to go to the kitchen. As she stood up, she doesn't know what happened and hit the ground and landed on the tip of her elbow and shattered it. She lives on Maui and had to take an air ambulance to Honolulu. She had 22 staples in her elbow, just to hold it together. She has recovered to the best degree she will ever recover. It is not going to get better. She can do most things, but she is unable to put a dish on the table. She is unable to reach high items. She has 75% usage of her arm. Sister number 2. Walking with her friends on her same route, she trips on the sidewalk and fractures her hip. Fortunately, the fracture was not severe. It did fracture, but not to the point where surgery was needed. She was put into a cast and in a short time she became OK. Over time, she became 100% recovered. The third girl is my wife. She is playing volleyball with our 15 year old granddaughter. She was 82 at that time playing volleyball on a concrete walkway in front of her house. The ball comes to her and she over-reaches and falls backwards. She falls in a way we would consider almost perfect. She only had an abrasion on her scalp with a little bleeding and a bruise on her okole. She was able to fall sideways. As a result, her injuries were minimal considering her age and situation. Girl number 4 was working in the kitchen and falls over backwards and lands on back of her skull, to the point where it causes a fracture. From that point forward for the rest of her life. For the next 6 years, she needed care. She needed someone to monitor her almost 24 hours a day at a care facility. She fell just once, hit the back of her head and at the end of that, she passed away after six years. So, falling is a really a big deal. You can see how devastating it can be.



Another story is my friend who lives on the mainland, where his wife is walking in her home and falls and lands on the tip of her knee. She drives the knee bone into the hip socket and breaks it. She's in extreme pain now. She is now immobilized. Most of the time, she is home watching TV. She cannot move. Her husband, being a really nice guy, tries to help her. Over a period of time, she gets worst, which is typical because you are not moving around. Your circulation is really poor. It starts to affect your internal organs. that makes you feel worst. Combined with the broken hip, you just feel terrible. So, what do you do...you just stay in bed. Eventually it gets to the point where your body cannot be sustained because of poor circulation. Many people die of lung failure. There just not enough blood to get into the lung to sustain life. This is what



apparently happened to my friend. She became immobilized. She rested in bed and did not get better till she passed away.

What is falling? What do we look at when we look at falling? How can this training help me and avoid serious injury? Our group exist to teach people how to fall in such a way that you don't get completely damaged. We call our program 'A B C'. The first one is 'A' is for **AWARENESS**. Be aware of what you are doing when you are walking. Focus on walking. Going from point A to point B, just look at the path first. If you see any obstructions, keep it in the back of your mind. When you get to that point, step over it...at least you know it's there. You have to add it to your mindset to walking. As funny as it may seem, walking is a dangerous activity. But as our colleague Hiroshi said, it is even more dangerous not walk. If you don't walk, your body becomes inactive. Everything goes bad. Walking is a dangerous activity, but you must keep walking. One of the things we stress is to take a longer stride. Try to take a step that is ½ inch longer. Mentally, take a half inch longer step than what you normally do. You land on you heel and push off with your toes. Every physical therapist tells you this is what should be done. So, extend your stride and you will land on your heal. Heal toe, heal toe, heal toe. Walking is necessarily. Be aware of what you are doing and you will walk safely.



'B' is for **BALANCE**. We look at balance as a message between your brain and your muscles. Your brain can tell if you're off balance. It sends a message to your muscles to counteract that. But if your muscles cannot react, you will fall. Your muscles need to be able to react to the signals sent by the brain. To do that by strengthening the muscles and by testing the system constantly. It is important to stretch to have flexibility and strength. (Showing graphic): Exercising by rolling on your back, back and forth, you can strengthen your core and timing. You can grab your ankles and stretching your knees, you can improve flexibility. So, we want flexibility and strength.

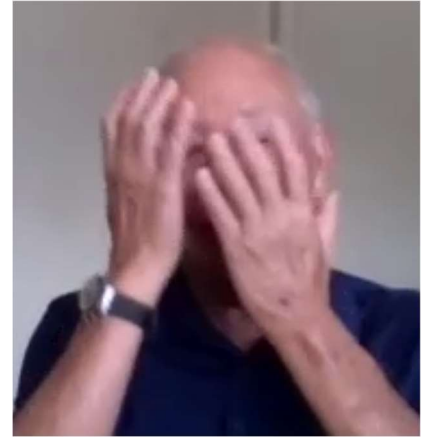


'C' is for **CONTROL**. As you are walking, you have control on where to go. The average person, being lazy, will go the shortest route. Sometimes, it is not a good idea because of the obstructions that may be there. As an example, you walk through a parking lot but the shortest way may be over a grassy area, where the possibility of slipping or tripping is great. Here you have control. In your home, where 60% of falls happen, you have control by removing items that may be on the floor. When you're walking, don't carry so much that it affects your balance and your ability to see where you are going. Your chances of falling are increased. Another thing is handrails. When people think of handrails, they think of germs. So, as you are walking down the stairs, you avoid grabbing the handrail. To make matters worse, when this virus came about, you have germs and viruses, so more you don't want to use the handrail. Handrails are really important! Stairs are where people trip a lot. So, use the handrail, then don't rub your face with your hands. Just be careful and aware that this might be a source of germs and viruses. Clean your hands as soon as you can. Using the handrail is very, very important.



Talking about home: You can do things like putting handrails in bathroom and grab bars in the shower or tub. Say if you have to spend \$500 to put in handrails, that is nothing if you have to live with broken bones, a damaged face, a broken hip, broken elbow, broken wrist. Whatever it takes, you have control. If something needs to be improved for safety, do it. The economic cost due to falls is \$17 billion.

Let's look at how we fall. For instance, look at the forward roll. Say you are walking and trip on something and fall forward. First thing you do is take a step, lower your center of gravity, extend your arms and as you contact the ground, you roll. You land on the outside of your thigh, your calf, buttocks, muscles in your back and shoulders. These are all soft tissue, where there is minimal impact. If you fall like this, your chance of serious injury is significantly reduced.



If you fall backwards you will hit the back of your head. What you need to do is to get low, rotate, and fall sideways to avoid head injury, to land in the fetal position. It can be the difference between life and death. Before getting up, give yourself a self-exam and ask if I feel pain, is there a sharp pain in back, is there sharp pain in my legs. Stay there for a few seconds. If people are there, the first thing they'll try to do is help you up. It can damage your spine. If you get up, you might do so much damage that it cannot be repaired. I'll say it again, the key to landing safely is to rotate to land on your soft tissue. Protect your face and head. Don't hit the sharp bony parts, so the key is to roll to lessen the impact.

We have a class that is 8 sessions long that last for 8 consecutive weeks. Each class is 50 minutes long and you do the actual rolls. We have judo mats, which are nice and soft. We start you from the lowest position possible, which is almost lying flat and roll and work our way up little by little. We are amazed by what our students can accomplish in 8 weeks. So, if you have the opportunity to join us, please do. Visit our website, [kupunaaikido.org](http://kupunaaikido.org). If you visit, you can sign up to our mailing list and whenever we do anything that affects everybody, an email is sent out. Sometimes there is a lot of people trying to sign up, so be patient.

Questions and answers:

If I have already taken the course, is there a refresher course?

It is something we are working on because many people inquire about that. We think about it constantly. One day we will get there and you will see it on our web site.

What about an existing condition, like a frozen hip with limited flexibility? Would I benefit from a class like this? We have many people with pre-existing injuries. If you have a difficult time doing something, we will try to find an alternative solution. If it is something we cannot help with, we will advise you to talk to your physical therapist. We are NOT medical people. We are aikido people.

Is there a cost to taking the class?

Currently the cost is \$40 for 8 classes. Unfortunately, because of the virus, we feel we need to increase the cost. We're thinking of \$50 for the 8 classes. We know we are not going to get rich. So, probably when we do have class again, it will be \$50.



Can you clarify the part about your arms across your chest?

Always extend your arm across your body, about the height of your face to protect your head.

How does the aikido aspect tie into this?

In aikido, 50% of the time, you are learning to fall. When we practice aikido, it is always 2 people, one throwing and one falling. So, half the time you are throwing your partner and the other half, you are taking the fall. For

the average person with little or no martial arts background, we set up classes where we start with the students lying on the mat with the roll so they can feel the sensation. Once they feel comfortable with that, we start the kneeling position, to a half crouching position, then to a standing position. The idea is that a lot of people have not experience this type of fall or motion. This turns out to be a calming sense. Do you want to risk landing flat on your face? That is why we are trying to convince people to land in such a way that you roll than to land where you try to brace yourself and land with your arms forward. That is how you do it intuitively and that is not the way to fall with your arms braced forward to the ground. But they don't know the good way to fall and hopefully this is what we can introduce you to.



Where are the classes located?

We have classes in Ahuimanu, Mililani, and Liliha. Once we get started, we give you the choice of selecting a location. So, when the registration opens, you will get the option of selecting a location.

Do you offer aikido classes for seniors?

We're also working on a thing we call 'No Impact Aikido'. It's what you would see in an aikido dojo but we will do it in a slow motion basis at first to minimize the impact. We would throw you in way that the fall is soft. We are still working on it.

Isn't aikido a self-defense martial art?

Aikido was developed on that basis as a self-defense martial art. We do not take the offensive part of aikido into the training of our students.

FYI: Classes are once a week. Usually held mid-morning, between 9 to 11am. As far as exercises, we show many exercises, which are standard physical therapy exercises, on our website.



Final words from Bill. If you would like a presentation like this for your group, we can do it. We will be happy to do it. Please let others know so we can reach the community. In order for us to do our job, we need you to spread the word, so thank you very much.



Go to: <https://shophuoa.com/>

Some of the merchandise available for sale.

## Pre-order 2021 Okinawan Festival T-shirts and Other New Merch Now Through Saturday, July 24, 2021 (11:59pm HST)

ETA on all pre-order merchandise is end of August, check out our FAQs for more information.

IF SELECTING IN-PERSON PICKUP, BE SURE TO ADD THE "IN-PERSON PICKUP FROM HOC" ITEM TO YOUR CART!

Don't forget to designate an HUOA member club to receive 10% commission from your order.

### Featured Items



HUOA Member Club



In-Person Pickup @ HOC

\$0.00



2021 Bon Dance Towel

\$8.00



HUOA Hapi Coat (Adult)

\$65.00



Bon Dance Flags (pair) - Red/White

\$5.00



T-Shirt Okinawan Festival 2021 - Theme (Adult)

\$20.00



T-Shirt Okinawan Festival 2021  
- Andagi Virtual Festival (Adult)  
\$20.00



T-Shirt Okinawan Festival 2021  
- Theme (Ladies)  
\$20.00



T-Shirt Okinawan Festival 2021  
- Andagi Virtual Festival  
(Ladies)  
\$20.00



T-Shirt Okinawan Festival 2021  
- Theme (Youth)  
\$15.00



T-Shirt Okinawan Festival 2021  
- Andagi Virtual Festival (Youth)  
\$15.00



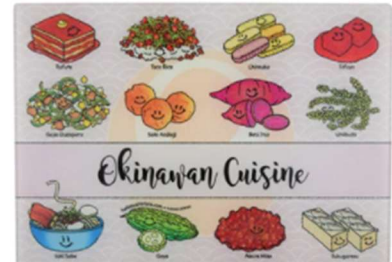
Tank top Okinawan Festival  
2021 - Theme (Adult)  
\$17.00



Tank top Okinawan Festival  
2021 - Andagi Virtual Festival  
(Adult)  
\$17.00



Hand towel  
\$14.00



Cutting Board  
\$24.00





## HUOA Member Club Commission

\$0.00

Club Name	Quantity
HUOA (no member club designated)	1

**ADD TO CART**

Hover over "HUOA (no member club designate)" and a pull-down menu will appear.



## HUOA Member Club Commission

\$0.00

Club Name	Quantity
HUOA (no member club designated)	1
Maui Okinawa Kenjin Kai	
Nago Club	
Nakagusuku Sonjin Kai	
Nishihara Chojin Kai	
Okinawa City-Goeku Son	
Onna Sonjin Kai	
Oroku Azajin Club	
Oroku Doshi Kai	
Osato Doshi Kai	
Shinka Hawaii	
Tamagusuku Club	
Tomigusuku Sonjin Kai	
Urasoe Shijin Kai	
Wahiawa Okinawa Kyo Yu Kai	
Yagaji Doshi Kai	
Yomitan Club	
Yonabaru Chojin Kai	
Yonashiro Chojin Kai	
Young Okinawans of Hawaii	
<b>Okinawan Genealogical Society of Hawaii</b>	

will stay with HUOA to support its mission to preserve, perpetuate and promote Okinawan culture in Hawaii.

Go to: <https://www.jtbusa.com/Branch.aspx?city=Honolulu>

7th Worldwide Uchinanchu Festival in Okinawa!

**Taikai is coming!**



**7th Worldwide Uchinanchu Festival**  
**Oct/Nov 2022 Pre-register now!**

Once every 5 years Okinawans and friends of Okinawans return to Okinawa for a grand celebration. For this special event we will be working with Sumie Consillio (Oshiro), formerly of Naka's Travel Service, to create and escort tour packages to the Taikai, and we hope that you will consider joining us for this once in five years event!

In past years tours to the Taikai have filled up quite quickly, so reserve your space now to guarantee you place in our tours. [Download the PDF format application form here.](#)





# 7th Worldwide Uchinanchu Festival Okinawa 2022 - Chibariyo!

**First-come-first-served: applications processed in the order received or postmarked.  
Please submit this application form no earlier than June 12<sup>th</sup> 2021.**

**Please choose** your preferred tour (dates and schedule subject to change, you may change at a later time):

- Oct 27 - Nov 7 (10 nights) with Sumie Consillio (Oshiro) and Chris Li - formerly Naka's Travel Service
- Oct 27 - Nov 6 (9 nights) with Linda Okabe
- Oct 27 - Nov 7 (10 nights) with Linda Okabe

**Please write names exactly as they appear on your passports:**

**Primary Contact:** \_\_\_\_\_  
LAST FIRST MIDDLE (EXACTLY AS APPEARS ON PASSPORT)

HOME STREET ADDRESS: \_\_\_\_\_  
CITY STATE ZIP

HOME PHONE NUMBER \_\_\_\_\_ CELL OR WORK PHONE NUMBER \_\_\_\_\_ E-MAIL ADDRESS \_\_\_\_\_

**Names of other travelers in your party (as they appear on passports, use second page if needed):**

- 1) \_\_\_\_\_ 2) \_\_\_\_\_
- 3) \_\_\_\_\_ 4) \_\_\_\_\_
- 5) \_\_\_\_\_ 6) \_\_\_\_\_

**Notes (traveling with other parties, etc.):**

**TOUR DEPOSIT DUE: \$500.00 PER PERSON:** Fully refundable for any reason until 6 months prior to departure

Credit Card (circle one):	MasterCard	Visa	Amex	Diners	Discover	JCB
Name of Credit Card holder:	_____					
Credit Card Number:	_____			Expiration Date	_____	
CV code (3 or 4 digit security code on back of credit card)	_____	Name of Issuing Bank	_____			
Card Holder's Billing Address:	_____					
City	_____	State	_____	Zip (Required)	_____	Phone #
Total amount \$	_____	Cardholder's Signature:	_____			Date:
						_____



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