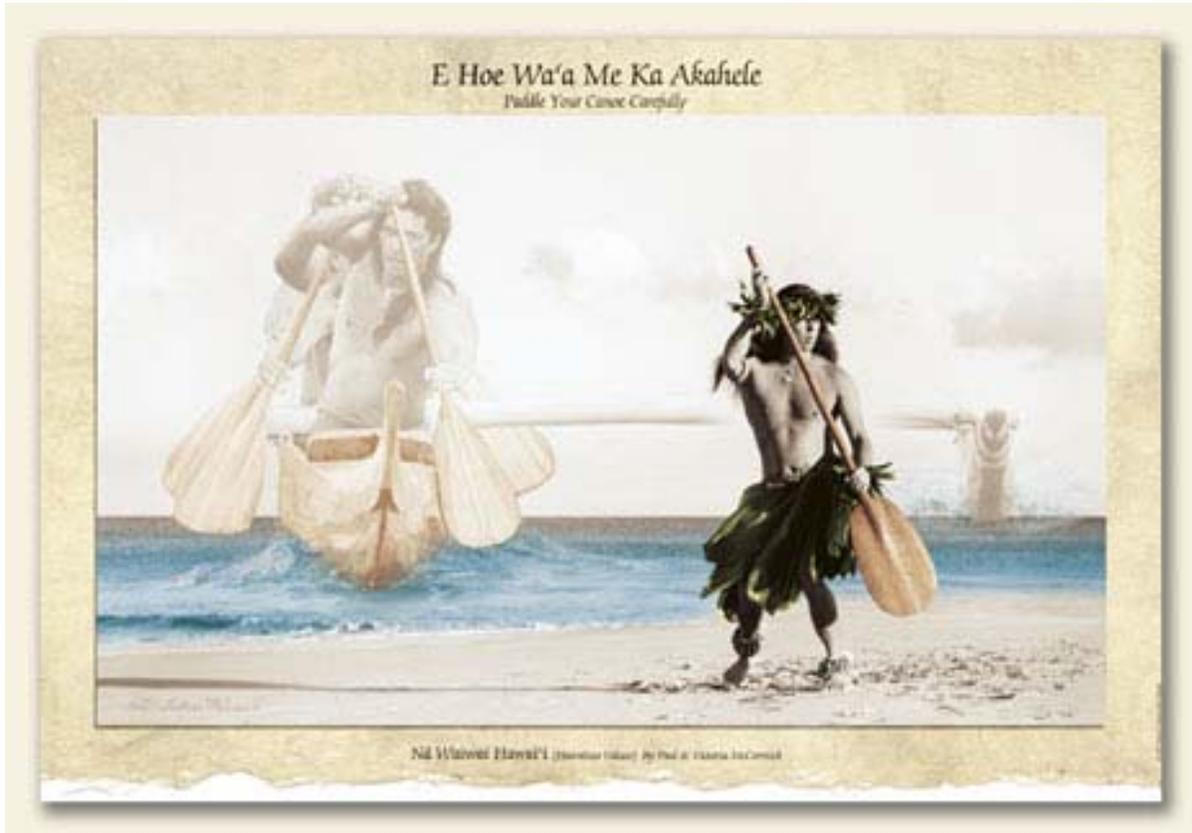


HO'OKAHI PU'UWAI: A CULTURE, A LIFESTYLE, A SPORT



ALOHA COMMITTEE CULTURAL HANDBOOK
(REVISED 2012)

**HO`OKAHI
PU`UWAI**
outrigger canoe club



kahi ka mana`o, kahi ke aloha

**(ORIGINALLY SUBMITTED IN 2007 AS PART OF A CULTURAL WORKSHOP)
(THE MESSAGE STILL HOLDS TRUE TODAY)**

The Aloha Committee Mission Statement
To welcome and bring new members into our 'Ohana.
To gather and share the cultural and traditional aspects of paddling
To continue and maintain the Aloha and 'Ohana spirit throughout the club.

Dear Ho'okahi Pu'uwai Paddlers,

Welcome to the first ever Ho'okahi Pu'uwai Cultural Workshop! At the beginning of the season, a few of us got together and made it our goal to bring back the culture and traditions to paddling. This is a Hawaiian Sport after all, and although we may not believe in some of the traditions or customs, we must respect it because it is all intertwined.

Our focus is to educate everyone, so that we can all share our knowledge, especially with the keiki, who are the future of the club. Paddling is not only a sport, it is a lifestyle. We are a family, and in order to become stronger as a family we must stay positive and continue to show and share our Aloha with each other.

We dedicate this handbook to the people who taught us through the years: The coaches, Kupuna, Aunties, Uncles, and friends that started Ho'okahi. Most of us in the Aloha Committee are former keiki, and this is our way of showing our utmost gratitude to you. It is our turn to give back to the club, to teach the new keiki, and share all that you have shared with us through the years.

Mahalo Nui Loa,
The Aloha Committee 2007

CULTURE & TRADITION

A CULTURE CAN BE DESCRIBED AS A WAY OF LIFE OF A GROUP OF PEOPLE. THEIR BEHAVIORS, BELIEFS, VALUES, CUSTOMS, AND SYMBOLS THAT THEY ACCEPT, GENERALLY WITHOUT THINKING ABOUT THEM, AND THAT ARE PASSED ALONG BY COMMUNICATION AND IMITATION FROM ONE GENERATION TO THE NEXT.



HAWAIIAN OUTRIGGER PADDLING IS MORE THAN JUST A SPORT. IN FACT IT IS PART OF THE GREATER POLYNESIAN CULTURE THAT SPANS MANY ISLANDS IN THE SOUTH PACIFIC OCEAN. OUTRIGGER CANOE CLUBS RESPECT AND NURTURE THE HAWAIIAN CULTURE OF THE PAST BY ADHERING TO PROTOCOL, CUSTOMS, LORE, AND VALUES THAT COME FROM THIS GREAT SOCIETY AT EVERY OPPORTUNITY. RESPECT FOR OUR CANOES, PADDLES, AND HAWAIIAN CUSTOMS ARE TAUGHT ALONG WITH OUTRIGGER CANOE PADDLING. IN THE SPIRIT OF ALOHA THIS IS DEDICATED TO THE HAWAIIAN CULTURE AND IS PART OF OUR HUMBLE ATTEMPT TO DEMONSTRATE OUR RESPECT FOR IT. WE HOPE YOU ENJOY IT.

THE ALOHA SPIRIT LAW

[HTTP://HAWAIIANLANGUAGE.COM/ALOHASPIRITLAW.HTML](http://hawaiianlanguage.com/alohaspiritlaw.html)



THE ALOHA SPIRIT LAW IS AN ACTUAL LAW "ON THE BOOKS" IN HAWAI`I, ENCODED IN THE HAWAI`I REVISED STATUTES, SECTION 5-7.5 AND ACKNOWLEDGES THAT **THE ALOHA SPIRIT** "WAS THE WORKING PHILOSOPHY OF NATIVE HAWAIIANS AND WAS PRESENTED AS A GIFT TO THE PEOPLE OF HAWAI`I."

ALL CITIZENS AND GOVERNMENT OFFICIALS OF HAWAI`I ARE OBLIGATED BY LAW TO CONDUCT THEMSELVES IN ACCORDANCE WITH THIS LAW, WHILE PERFORMING THEIR DUTIES AND OBLIGATIONS, AS WELL AS IN THEIR DAY-TO-DAY LIVING. LIKewise, THOSE VISITING OUR FAIR ISLANDS ARE EXPECTED TO CONDUCT THEMSELVES IN ACCORDANCE WITH THIS HAWAIIAN LAW.

THE ALOHA SPIRIT ELEVATES, EMPOWERS AND ENNOBLES ITS PEOPLE, AND KEEPS HAWAI`I THE UNIQUELY SPECIAL PLACE THAT IT IS. **THE ALOHA SPIRIT LAW** DESERVES OUR UNMITIGATED SUPPORT AND COMPLIANCE. AS A MODEL LAW FOR THE WORLD, IT CAN SERVE THE GREATEST NUMBER FOR ITS GREATEST GOOD.

TOGETHER, WE CAN MAKE **THE ALOHA SPIRIT** AS VIBRANT AND REAL AS IT WAS FOR THOSE WHO CAME BEFORE US. THOSE WHO HAVE EXPERIENCED THE ALOHA SPIRIT HAVE AN OBLIGATION TO MAKE IT REAL FOR THOSE WHO FOLLOW. AN INDIVIDUAL, CONSCIOUS EFFORT IS REQUIRED. LET IT BEGIN WITH YOU.

FULL TEXT OF THE ALOHA SPIRIT LAW

[§5-7.5] **THE ALOHA SPIRIT.**

(A) **THE ALOHA SPIRIT** IS THE COORDINATION OF MIND AND HEART WITHIN EACH PERSON. IT BRINGS EACH PERSON TO THE SELF. EACH PERSON MUST THINK AND EMOTE GOOD FEELINGS TO OTHERS. IN THE CONTEMPLATION AND PRESENCE OF THE LIFE FORCE, **ALOHA**, THE FOLLOWING **UNUHI LAULĀ LOA** (FREE TRANSLATION) MAY BE USED:

- **AKAHAI**, MEANING KINDNESS TO BE EXPRESSED WITH TENDERNESS;
- **LŌKAHI**, MEANING UNITY, TO BE EXPRESSED WITH HARMONY;
- **`OLU`OLU**, MEANING AGREEABLE, TO BE EXPRESSED WITH PLEASANTNESS;
- **HA`AHA`A**, MEANING HUMILITY, TO BE EXPRESSED WITH MODESTY;
- **AHONU**, MEANING PATIENCE, TO BE EXPRESSED WITH PERSEVERANCE

THESE ARE TRAITS OF CHARACTER THAT EXPRESS THE CHARM, WARMTH AND SINCERITY OF HAWAII'S PEOPLE. IT WAS THE WORKING PHILOSOPHY OF NATIVE HAWAIIANS AND WAS PRESENTED AS A GIFT TO THE PEOPLE OF HAWAII.

ALOHA IS MORE THAN A WORD OF GREETING OR FAREWELL OR A SALUTATION.

- **ALOHA** MEANS MUTUAL REGARD AND AFFECTION AND EXTENDS WARMTH IN CARING WITH NO OBLIGATION IN RETURN.
- **ALOHA** IS THE ESSENCE OF RELATIONSHIPS IN WHICH EACH PERSON IS IMPORTANT TO EVERY OTHER PERSON FOR COLLECTIVE EXISTENCE.
- **ALOHA** MEANS TO HEAR WHAT IS NOT SAID, TO SEE WHAT CANNOT BE SEEN AND TO KNOW THE UNKNOWNABLE.

(B) IN EXERCISING THEIR POWER ON BEHALF OF THE PEOPLE AND IN FULFILLMENT OF THEIR RESPONSIBILITIES, OBLIGATIONS AND SERVICE TO THE PEOPLE, THE LEGISLATURE, GOVERNOR, LIEUTENANT GOVERNOR, EXECUTIVE OFFICERS OF EACH DEPARTMENT, THE CHIEF JUSTICE, ASSOCIATE JUSTICES, AND JUDGES OF THE APPELLATE, CIRCUIT, AND DISTRICT COURTS MAY CONTEMPLATE AND RESIDE WITH THE LIFE FORCE AND GIVE CONSIDERATION TO **THE ALOHA SPIRIT**. [L 1986, c 202, §1]

* THE ALOHA SPIRIT, A WAY OF LIFE DEPICTING THE HAWAIIAN CULTURE AS A WHOLE, IS TRULY EMBODIED WITHIN THE SPORT OF OUTRIGGER PADDLING. THE ENTIRE SPORT IS PERPETUATED AROUND WARMTH, TOGETHERNESS, AND RESPECT. HOWEVER SUCCESSFUL WE ARE IN COMPETITION, WE WILL NEVER REACH TRUE SUCCESS AS A CLUB WITHOUT THE "ALOHA". —JAMES JOWER

HISTORY OF THE OUTRIGGER CANOE

MORE THAN A MILLENNIUM BEFORE CAPTAIN COOK ARRIVED IN 1776, A GROUP OF POLYNESIANS BRAVED THE PACIFIC LOOKING FOR LAND ON CANOES, PLANK-LASHED VESSELS. THEY TRAVELED THROUGH THE NIGHT, USING THE STARS AS THEIR GUIDE. ONCE THEY DISCOVERED HAWAII, THEY ESTABLISHED THEMSELVES AS THE HAWAIIAN PEOPLE.

HAWAII IS SURROUNDED BY ROUGH WATERS, WHICH MADE FISHING HARD. AFTER MANY DEADLY ATTEMPTS OF BUILDING THE PERFECT CANOE FOR SURFING AND FISHING, THE HAWAIIANS CRAFTED STREAMLINED CANOES OUT OF KOA WOOD. THIS BECAME A RELIGIOUS PRACTICE, A KUHUNA CONSTANTLY PRAYED OVER THE ENTIRE PROCESS TO ENSURE SAFETY AND GOOD MANA. THIS IS WHY TODAY, THE KOA CANOES ARE VIEWED AS SACRED, AND ARE RARELY USED IN RACES. THE KOA CANOE WAS CRAFTED FROM THE GIANT KOA TREE THEN PAINTED WITH A BLACK PAINT MADE OUT OF PLANTS AND CHARCOAL, THAT ADDED A WATERPROOF FINISH LATER TO THE WOOD. FOR THE ALI'I, THE ADDITION OF HEN'S EGGS TO THE PAINT RESULTED IN A GLOSSY EXTERIOR. AS IMPORTANT AS THE CANOE ITSELF, THE ACCESSORIES SUCH AS THE PADDLES WERE CUSTOMIZED TO EACH OWNER AND EACH OWNER CHERISHED HIS PADDLE AS IF IT WERE A LOVER.

IN THE 1850'S THE HAWAIIAN WAYS OF LIFE, INCLUDING SURFING, CANOEING AND HULA WERE THREATENED TO EXTINCTION DUE TO THE ARRIVAL OF THE EUROPEAN MISSIONARIES WHO BELIEVED THAT THIS WAY OF LIVING WAS "PRIMITIVE" AND "IMMODEST". THEREFORE, THE CULTURE AND TRADITIONS OF THE HAWAIIANS STARTED TO DIE.

BETWEEN 1874 -1891 KING DAVID KALAKAUA WAS DETERMINED TO BRING THE HAWAIIAN CULTURE BACK TO LIFE. PARTICULARLY KNOWN FOR BRINGING BACK HULA, HE NAMED HIS OWN BIRTHDAY NOVEMBER 16 AS THE OFFICIAL ANNUAL REGATTA DAY. HIS EFFORTS RESULTED IN A SLOW REVIVAL OF THE HAWAIIAN WAYS. IT WAS NOT UNTIL 1908 WHEN THE OUTRIGGER CANOE CLUB WAS FOUNDED BY JACK LONDON AND WAIKIKI BUSINESSMAN ALEXANDER HUM FORD THAT THE INTEREST IN WATER SPORTS CAME BACK. THE PURPOSE OF THIS CANOE CLUB WAS TO "PRESERVE SURFING ON BOARDS AND IN HAWAIIAN OUTRIGGER CANOES".

CANOEING, OR "PADDLING", HAS RIGHTFULLY BEEN NAMED THE OFFICIAL STATE TEAM SPORT IN HAWAII. SINCE THE FOUNDED OF THE OUTRIGGER CANOE CLUB, PADDLING HAS GROWN INTO ONE OF THE MOST POPULAR ACTIVITIES IN THE HAWAIIAN ISLANDS. LONG-DISTANCE RACES ARE GROWING IN POPULARITY. WHAT STARTED OUT AS A SINGLE EVENT, THE MOLOKAI-OAHU RACE, A GRUELING CHANNEL-CROSSING, IS NOW ONE OF THE

MOST NOTED ANNUAL EVENTS. ON THE BIG ISLAND THE QUEEN LILI'UOKALANI RACE BETWEEN KAILUA AND HONAUNAU IN KONA HAS BECOME AN 'OCEAN MARK', ATTRACTING CANOES AND THEIR OWNERS FROM ALL OVER THE WORLD.

THE FIRST RACE HELD IN CALIFORNIA WAS IN 1959, THE SAME YEAR THAT HAWAII BECAME A PART OF THE UNITED STATES. THE LONG DISTANCE RACE WAS FROM AVALON ON CATALINA ISLAND TO THE NEWPORT DUNES INSIDE THE CALIFORNIA COAST. TWO KOA CANOES WERE SHIPPED FROM HAWAII, THE MALIA AND THE NIUHE. THE STAR OUTRIGGER PADDLERS FROM HAWAII PADDLED IN THE MALIA AND THE CALIFORNIA TEAM PADDLED IN THE NIUHE. THE HAWAII TEAM FINISHED THE RACE IN 5 HOURS, THE CALIFORNIA TEAM FINISHED IN 5 HOURS AND 11 MINUTES. AFTER THAT RACE, NOAH KALAMA AND TOM JOHNSON REALIZED THE NEED FOR CANOES IN CALIFORNIA. THEY USED THE MOLD FROM THE MALIA AND BEGAN MAKING FIBERGLASS CANOES IN CALIFORNIA.

THE HOKULE'A, NAMED AFTER THE ZENITH STAR OF THE HAWAIIAN SKY AT NIGHT, WAS BUILT IN 1974, ACCORDING TO REMAINING DESCRIPTIONS OF OLD DOUBLE-HULLED CANOES. OVER 60 FEET LONG, THE HOKULE'A AND THE POLYNESIAN VOYAGES IT HAS MADE ARE MORE THAN NOSTALGIC ADVENTURES. THE CANOE HAS BECOME A SPIRITUAL SYMBOL OF INSPIRATION AND REMEMBRANCE. IT CONNECTS HAWAII WITH A PAST THAT WAS ALMOST FORGOTTEN, BUT MUST SURVIVE.

(INFORMATION FROM COFFEETIMES.COM, RON SMITH'S WEB GUIDE TO OUTRIGGER CANOEING)

HAWAIIAN OUTRIGGER TRADITIONS

THE FOLLOWING TRADITIONS SHOULD BE RESPECTED AND FOLLOWED AT ALL TIMES:

- TYING TI LEAVES TO THE CANOE BRINGS GOOD LUCK
- DON'T STEP OVER THE BOATS AT ANY TIME; WALK AROUND THE CANOE. STEPPING OVER A CANOE BRINGS IT BAD LUCK. RESPECT THE COMPETITION BOATS AS WELL.
- REFER TO THE CANOE PARTS BY THEIR HAWAIIAN NAMES.
- EACH CANOE SHOULD BE TREATED WITH THE RESPECT OF A LIVING PERSON
- DO NOT SIT IN THE BOAT ON DRY LAND (EXCEPT FOR INSTRUCTION), AS THE CANOE IS CONSIDERED SACRED AND PART OF YOU. TREAT THE CANOE AS A PERSON
- DO NOT SWEAR OR ARGUE IN OR AROUND THE CANOE. THIS BRINGS BAD LUCK AND SLOWS THE CANOE.
- BEFORE EACH RACE THE TEAM SHALL GATHER TO GIVE BLESSINGS AND PRAYERS OF HOPE AND THANKSGIVING
- AFTER EACH RACE THE TEAMS SHALL GREET EACH OTHER AND CONGRATULATE THEM ON THE RACE/PRACTICE
- WHEN THE CANOES ARE ON DRY LAND, THE NOSE OF THE CANOE SHOULD POINT TO THE WATER. THE EARLY HAWAIIANS DID THIS OUT OF RESPECT FOR THE CANOE AND ITS SPIRIT
- ALWAYS LIMIT THE AMOUNT OF TALKING IN THE CANOE. SMALL POSITIVE ENCOURAGEMENT IS ALLOWED, BUT THE MAIN PERSON THAT SHOULD TALK IN THE CANOE IS THE STEERSMAN
- EATING IS NOT PERMITTED IN THE CANOE (IE JUNK FOOD, CANDY).

RACE ETIQUETTE

ARRIVING WITH A POSITIVE ATTITUDE IS ESSENTIAL TO RACE ETIQUETTE. A GOOD STARTING POINT WOULD BE TO RECALL HPOCC'S MISSION STATEMENT: HO'OKAHI PU'UWAI MEANS ONE HEART, ONE GOAL IN THE HAWAIIAN LANGUAGE AND IS A SENTIMENT WE PERPETUATE THROUGHOUT OUR OHANA. OUR CLUB IS A PART OF OUR EXTENDED FAMILY AND SHOULD BE TREATED AS SUCH.

PRE-RACE PREPARATIONS INCLUDING:

- A) CARRYING AND RIGGING CANOES
- B) DOCKING CANOES
- C) SETTING UP CLUB TENT FOR RACES
- D) BRINGING YOUR DESIGNATED DISH/FOOD PER CLUB
- E) STRETCHING FOR ATLEAST 20 MINUTES PRIOR TO RACE TIME IS OBLIGATORY TO AVOID PULLED MUSCLES OR INJURY.
- F) ATTEND THE *PULE* OR BLESSING OF CANOES AND THE PADDLERS

UPON RACE TIME, THE CANOE SHOULD BE RIGGED, CLEANED, AND PADDLES SHOULD BE IN HAND.

ALL EQUIPMENT MUST BE KEPT IN GOOD CONDITION SO PROPER USE OF CLUB PADDLES AND CLUB GEAR IS A MUST DO. PICK UP AFTER YOURSELF INCLUDING RUBBISH, AND LEAVING WATER BOTTLES IN CANOE IS PROHIBITED. PLEASE NO EATING IN THE CANOE AT ANY TIME.

DUE TO THE EXCITEMENT OF THE RACE SOMETIMES EMOTIONS RUN HIGH. PLEASE REMEMBER THAT CURSING, NEGATIVE AND DEROGATORY LANGUAGE IS NOT WELCOME AT ANY POINT. THE ONLY MEMBERS THAT CAN GIVE DIRECTIONS OR INSTRUCTIONS ARE THE HEAD COACH, DESIGNATED COACHES, AND STEERS PERSON.

CHEER EACH OTHER ON, ENCOURAGEMENT FROM THOSE ON SHORE IS THE BEST KIND OF PUSH WE ALL NEED DURING RACE. BE LOUD, BE PROUD. BE READY TO HELP CREWS COMING IN FROM THE RACE, TO GET THE BOATS IN AND OUT QUICKLY AND EFFICIENTLY. GREET AND CONGRATULATE THOSE COMING IN FROM THE RACE. CREW MEMBERS SHOULD CONGRATULATE EACH OTHER AS WELL. ONCE THE RACE HAS ENDED, BE READY TO DE-RIG THE CANOES, AND PLACE THEM BACK ON THE TRAILERS.



OC-6 OUTRIGGER CANOE POSITIONS

THE OC-6 OUTRIGGER CANOE CONTAINS SIX SEATS FOR 6 TEAM MEMBERS THAT WORK TOGETHER AS A TEAM IN UNISON TO KEEP THE CANOE ON A STEADY COURSE AND AT A DESIRED SPEED. THE 5 PADDLERS, PADDLING ALTERNATELY ON EACH SIDE OF THE CRAFT, COMBINED WITH THE STEERSMAN CAN MAKE OR BREAK A TEAM IF THEY DO NOT KNOW THE ROLES EACH POSITION HAS CERTAIN ROLES THEY MUST FULFILL TO ENSURE THE SIX PADDLERS IN THE CANOE ALL WORKING IN UNISON, BUT EACH WITH A ROLE TO PLAY.

STROKE AND NUMBER TWO

THE STROKE SITS IN THE VERY FRONT SEAT OF THE CANOE. PADDLERS ONE AND TWO, ARE PRIMARILY CONCERNED WITH ENSURING THE RHYTHM AND PACE OF THE PADDLE STROKES, WHICH SEATS, THREE THROUGH FIVE FOLLOW.

THEY PADDLE ON OPPOSITE SIDES AND AS SUCH NEITHER HAS A PADDLE TO FOLLOW. THE STROKE AT THE FRONT OF THE CANOE MUST SET A MORE OR LESS CONSISTENT PACE WHICH VARIES ACCORDING TO THE NATURE OF THE RACE AND WATER CONDITIONS WHILST THE PADDLER BEHIND IN NUMBER TWO SEAT, MUST FOLLOW IN PERFECT TIME, MIRRORING THE STROKES PACE SO AS THE POWER DISTRIBUTION REMAINS EQUAL AND SYNCHRONIZED DOWN THE LENGTH OF THE CANOE. THE STROKE'S JOB IS CRUCIAL IN ENSURING THE CONSISTENCY OF THE CREW WORKING AT AN OPTIMUM PACE AND RHYTHM. WHEN ROUNDING MARKERS, THE STROKE AND NUMBER TWO WORK TOGETHER TO TURN THE FRONT OF THE CANOE.

SEATS THREE AND FOUR

OFTEN REFERRED TO AS POWER SEATS, THE HEAVIER, STRONGER PADDLERS WILL GENERALLY TAKE THESE POSITIONS. IT IS THEIR PRIMARY TASK TO PROVIDE THE BRUTE POWER REQUIRED TO PUSH THE CANOE ALONG. NUMBER FOUR SEAT GENERALLY TAKES RESPONSIBILITY FOR ENSURING THE CANOE REMAINS AS DRY AS POSSIBLE, BAILING WHEN NEEDS BE.

SEAT FIVE

AGAIN A POWER SEAT BUT ALSO NEEDS TO HAVE KNOWLEDGE OF STEERING TO ASSIST THE STEERER WHEN NECESSARY. THEY ARE ALSO REFERRED TO AS THE KEEPER OF THE AMA. THIS ENTAILS THAT THEY MUST EYEBALL THE AMA (THE OUTER FLOAT) TO MAKE SURE IT IS STABLE. IF IT LOOKS AT ANY TIME TO BE LIFTING THREATENING CAPSIZE, THEY MUST QUICKLY REACT TO SAVE IT. FAILING THIS, NUMBERS THREE AND FOUR NEED TO RECOGNIZE THE PREDICAMENT AND ALSO TRY TO SAVE A CAPSIZE. NUMBER FIVE MUST ALSO TAKE RESPONSIBILITY FOR BAILING IF REQUIRED SHOULD THERE BE AN EXCESS OF WATER IN THE CANOE AS BY THE TIME WATER IS COLLECTING TOWARDS THE AFT END OF THE CANOE, THERE IS DEFINITELY TOO MUCH WATER INBOARD.

STEERSMAN

THE STEERSMAN, WHO IS IDEALLY THE CAPTAIN OF THE CANOE CALLS THE SHOTS, MOTIVATES THE CREW AND SETS THE CANOE UP FOR THE BEST COARSE AND CATCHING THE SWELLS. THEY PLAN AND NAVIGATE A COURSE AND HAVE A BIG RESPONSIBILITY DURING SPRINT RACES, WHERE THEY MUST SET THE CANOE UP FOR A GOOD TURN AROUND THE BUOYS.

THEY NEED TO HAVE A GOOD PADDLING RELATIONSHIP WITH NUMBER 5 IN PROTECTING THE AMA AND INDEED WITH ALL THE CREW. STEERING A 40FT PLUS CANOE ON THE OPEN OCEAN IN ROUGH WATER IS AN ART FORM. THOSE THAT LEARN THEIR TRADE WELL CAN BE CONSIDERED MASTERS OF A TASK WHICH REQUIRES INTIMATE UNDERSTANDING OF THE DYNAMICS OF THE OCEAN AND THE NUANCES OF THE CANOE AND CREW.

PADDLING 101

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1. RESPECT EVERY CANOE AS A FAMILY MEMBER. FROM THE TIME A CANOE IS MADE AND BLESSED, THE CANOE BECOMES AN ENTITY UNTO ITSELF. CARE FOR IT AS A LOVED ONE BY MAINTAINING IT BEFORE SETTING OUT TO SEA AND CLEANING IT AFTER YOU RETURN. NEVER SIT ON, OR STEP OVER, A CANOE (EXCEPTIONS ARE SOMETIMES MADE FOR DRY-LAND TRAINING OR DEMONSTRATION PURPOSES). IN HAWAI`I, IT IS BELIEVED THAT TO STEP OVER ANOTHER IS TO CUT THEIR LIFE SHORTER, THEREFORE, THE SAME APPLIES TO YOUR CANOE.

2. ON LAND, THE CANOE ALWAYS FACES THE OCEAN. THIS RELATES BACK TO ANCIENT HAWAI`I WHEN CANOES WERE FREQUENTLY USED TO REPEL ATTACKS FROM OTHER ISLANDS.

3. CARE SHOULD ALSO BE TAKEN FOR THE AREA SURROUNDING THE CANOE. PICK UP OPALA (RUBBISH) ON AND AROUND YOUR PAENA WA`A (CANOE LANDING), HALAU WA`A (CANOE HOUSE), OR AUHA (CANOE SHED). PUT THINGS AWAY THAT NEED TO BE STORED WITHOUT BEING ASKED. -HOE AKU I KA WA`A (LITERAL MEANING: MOVE AHEAD THE CANOE; FIGURATIVE MEANING: DO YOUR SHARE).

4. EVERYONE HELPS WHEN THE CANOE IS BEING CARRIED, COVERED, CLEANED OR CARED FOR. THIS INCLUDES LOADING AND UNLOADING THE CANOES, COVERING OR STORING THEM, CLEANING THEM AND WASHING THEM DOWN WITH FRESH WATER (ESPECIALLY THE LASHINGS) WHEN THEY ARE DIRTY OR AFTER PRACTICE, AND CHECKING ALL PARTS OF THE CANOE BEFORE AND AFTER PRACTICE. THIS APPLIES TO EVERY MEMBER OF THE CLUB FROM THE FIRST TIME NOVICE TO THE PRESIDENT. FROM ANCIENT TIMES, WHENEVER THERE WAS A LARGE UNDERTAKING, EVERYONE WOULD HELP BY DOING WHATEVER HE OR SHE COULD. THE STRONG WOULD DO THE WORK, THE OLD WOULD OFFER ENCOURAGEMENT AND ADVICE, AND THE YOUNG WOULD BRING THE WATER AND FOOD, BUT EVERYONE WOULD PARTICIPATE. -A`OHE HANA NUI KA ALU`IA. (NO TASK IS TOO BIG WHEN DONE TOGETHER).

5. CUSTOMARILY, A PRAYER IS ALWAYS SAID BEFORE EVERY LAUNCHING NO MATTER HOW LONG OR SHORT THE VOYAGE. THE PRAYER NEEDN'T BE LONG AND PERHAPS NOT IN HAWAIIAN, NOR DOES IT HAVE TO BE RELIGIOUS IN NATURE. DOING SO HELPS CENTER THE CREW MENTALLY AND SPIRITUALLY (NO RELIGIOUS REFERENCE).

6. ON WATER, AVOID STANDING, ARGUING AND SWEARING IN THE CANOE. STANDING IS RARELY A GOOD IDEA FOR STABILITY AND SAFETY REASONS ANYWAY. ARGUING AND SWEARING ONLY SERVES TO UPSET THE ENTIRE CREW'S EFFORTS AND CREATE ANIMOSITY INSTEAD OF ALOHA. AVOID TRACKING DIRT AND SAND INTO THE OUTRIGGER WHEN YOU CLIMB ABOARD. -`IKE AKU, `IKE MAI, KOKUA AKU, KOKUA MAI. PELA IHO LA KA NOHANA `OHANA (RECOGNIZE OTHERS, BE RECOGNIZED, HELP OTHERS, BE HELPED. SUCH IS A FAMILY RELATIONSHIP).

7. LEARN THE PARTICULAR DUTIES THAT GO ALONG WITH THE SEAT YOU SIT IN. ONCE YOU STEP INTO A CANOE YOU ARE PART OF A TEAM. THEREFORE EVERY HOA WA`A (CANOE MATE) MUST WORK TOGETHER BY DOING HIS SHARE. THE ONLY WAY TO KNOW WHAT IS EXPECTED OF EACH MEMBER IS TO HAVE CLEARLY DEFINED ASSIGNMENTS BEFORE HAND. -KOMO MAI KAU MAPUNA HOE (DIP YOUR PADDLE IN. JOIN IN THE EFFORT.)

8. SEE TO IT THAT PERSONAL ISSUES ARE PUT TO REST QUICKLY INSTEAD OF LETTING THEM COLLECT AND FESTER IN YOUR MIND. REMEMBER; WHAT HAPPENS ON LAND, STAYS ON LAND, WHAT HAPPENS AT SEA, STAYS AT SEA. SHOW RESPECT, ENTHUSIASM AND COMMITMENT TO YOUR HOA WA`A BY ARRIVING ON TIME TO PRACTICE (STEERSMEN, COACHES AND OTHER LEADERS SHOULD ALWAYS ARRIVE EARLY). -A LEADER IS NEVER ON TIME, HE IS ALWAYS EARLY.

9. TAKE THE TIME TO STUDY AND LEARN THE PROPER HAWAIIAN NAMES AND PRONUNCIATION OF THE THINGS YOU USE. ON THIS ISSUE, IF YOU CHOOSE TO USE ENGLISH (USUALLY THE CASE), OR TAHITIAN, ETC. THAT IS ENTIRELY FINE. BUT IF YOU CHOOSE TO USE HAWAIIAN TERMINOLOGY, TAKE CARE IN ITS PRONUNCIATION (AND USE). MANY HAWAIIAN WORDS HAVE MULTIPLE MEANINGS OR HAVE DIFFERENT MEANINGS IF PRONOUNCED INCORRECTLY. LEST YOU BE GUILTY OF `OLELO HO`OHEPA (IDIOT TALK).



CANOE RESPECT

IN ANCIENT TIMES THE CANOE WAS CENTRAL TO THE DAILY LIFE OF THE HAWAIIANS. HAWAIIANS WERE WATER PEOPLE, AFTER ALL, AND TRAVEL, SUSTENANCE, ADVENTURE AND GENERALLY LIFE ITSELF CENTERED AROUND THE CANOE.

THE CANOE IS AT THE CENTER OF OUR SPORT. WHILE IT IS NO LONGER MADE OF THE INCREASINGLY RARE KOA WOOD BUT OF FIBERGLASS, WE STILL CONSIDER THE CANOE A LIVING, BREATHING PART OF OUR OHANA, FOR WITHOUT THE CANOE THERE WAS NO LIFE TO THE CLUB THUS NO CLUB. A BEAUTIFUL AND CARED FOR CANOE GAVE THE CLUB AND ITS PADDLERS PRIDE.

IN THIS SHORT PIECE I WILL TRY TO PASS WHAT WE HAVE LEARNED ABOUT RESPECT FOR THE CANOE TO OUR CLUB MEMBERS. PLEASE READ FROM TIME TO TIME TO REMIND YOURSELF WHAT THE CANOE MEANS TO YOU.

- ARCHIE BIE, KILOHANA EQUIPMENT MANAGEMENT (INFORMATION FROM KILOHANA'S WEBSITE)

- THE CANOE IS CONSIDERED TO HAVE A LIFE FORCE. IN THE ANCIENT TIMES, A CANOE WAS HEWN FROM A LIVING ENTITY, THE KOA TREE. TO HARNESS THE POSITIVE FORCE OF THIS ENTITY, THE CANOE MUST BE SHOWN RESPECT BY THOSE THAT PADDLE THE CANOE.
- HOW THE CANOE PERFORMS ON THE OCEAN WILL DEPEND ON THE MANA OF THE CREW. BOTH CREW AND CANOE ARE CONSIDERED AS ONE AND ONE TEAM.
- THE CANOE CLUB EXPECTS THE CANOE TO BE TREATED AND ACCORDED RESPECT AT ALL TIMES. DO NOT TAKE THE CANOE FOR GRANTED AND NEVER SHOW DISCOURTESY.
- WHEN THE CANOE IS ON THE BEACH ALWAYS POINT THE NOSE OF THE CANOE TOWARD THE OCEAN, PREFERABLY TOWARD HAWAII.
- NEVER SIT OR LEAN ON THE CANOE WHEN IT IS NOT IN THE WATER.
- SHOW CARE AND LIFT BOTH IAKO AND AMA COMPLETELY OFF THE GROUND WHEN MOVING.
- DO NOT DRAG OR DROP THE CANOE. SET THE CANOE DOWN GENTLY.
- NEVER STEP OVER THE BODY OF THE CANOE. IF YOU MUST GET TO THE OTHER SIDE WALK AROUND THE CANOE. THIS IS A GESTURE OF RESPECT AND COURTESY.
- WHEN CALLING A CANOE CALL IT BY ITS GIVEN NAME.
- WHEN TOWING A CANOE UPRIGHT THE NOSE SHOULD BE POINTING FORWARD.
- WHEN TOWING A CANOE UPSIDE DOWN IT IS CONSIDERED RETIRED OR STORED AND IS UPSIDE DOWN TO RETAIN THE MANA OF THE CANOE. IN THIS CASE THE NOSE SHOULD BE POINTING TOWARD THE REAR.



HO'OKAHI'S CANOE FLEET

1. **KAHEALANI:** WHICH MEANS HEAVENLY MIST, THIS MALIA, IS HO'OKAHI'S HEAVIEST AND OLDEST BOATS. THE "MALIA" REMAINS THE BEST KNOWN AND POSSIBLY THE MOST SIGNIFICANT OF ALL HAWAIIAN RACING OUTRIGGER CANOES. DON'T BE DECEIVED BY THE NAME, MEANING "CALM WATER", AS IT IS DERIVED FROM THE LOCATION FROM WHICH ITS CREATOR LIVED AND WORKED, ON THE KONA COAST OF THE BIG ISLAND OF HAWAII - WELL KNOWN FOR ITS CALM SEAS BEING ON THE LEE SIDE OF THE ISLAND. TODAY THE MALIA IS USED IN THE FIRST NCOCA RACE TO KICK OFF REGATTA SEASON.

2. **IMILOA:** WHICH MEANS THE DISTANT SEEKER, PACIFIC ISLANDER

3. **MAKOA:** WHICH MEANS FEARLESS, PACIFIC ISLANDER. PACIFIC ISLANDERS WERE LONG BOATS MADE FOR RACING, DESIGNED BY DENNIS CAMPBELL. THEY WERE ONE OF THE LONGER CANOES OUT WHEN THEY CAME OUT. IMILOA AND MAKOA CAME IN PIECES AND THE ORIGINAL MEMBERS OF HO'OKAHI WORKED TOGETHER TO MAKE THE CANOES THEY ARE TODAY.

4. **KAI E HITU:** WHICH MEANS SEVEN SEAS (KAI= SEA, HITU- SEVEN; IN HAWAIIAN, THE WORD FOR SEVEN IS USUALLY LISTED AS HIKU, BUT THE K AND T SOUNDS ARE INTERCHANGEABLE IN HAWAIIAN) KAI E HITU IS A BRADLEY, ONE OF HO'OKAHI'S FIRST RACE BOATS WHICH WAS BOUGHT FROM SANTA BARBARA.



5. **PELELEU:** HO'OKAHI'S 2ND BRADLEY; PELELEU MEANS LONG OR EXTENDED BY DEFINITION IN THE HAWAIIAN DICTIONARY. THIS WORD IS ALSO USED TO DESCRIBE THE LARGE WAR CANOES THAT KAMEHAMEHA I HAD BUILT AROUND 1800 TO TRANSPORT SOLDIERS TO CONQUER KAUA'I, ACCORDING TO HAWAIIAN CANOE- BUILDING TRADITIONS BY CHUN AND BURNINGHAM)

BRADLEYS ARE DESIGNED BY SONNY BRADLEY. THEY ARE LONGER, THEY SIT BETTER IN THE WATER DUE TO THE U SHAPED HULL. PELELEU WAS BLESSED BY AUNTIE SAM PERALTA, AND WAS BLESSED WITH ALL OF THE ANCESTORS THAT RESIDE IN KAHEALANI, IMILOA, MAKOA AND KAI E HITU. AUNTIE SAM EXPLAINS HOW PELELEU IS A FLEET, A WA'A THAT EMBODIES ALL OF THE ANCESTRAL SPIRITS OF THE OTHER CANOES.

6. **KE ALAKA'I PONO:** MIRAGE, THE BOAT'S ORIGINAL BLESSED NAME WAS KE KA'I, WHICH MEANT THE LEADER. AUNTIE SAM BLESSED THIS CANOE ORIGINALLY WITH KE KA'I. IT WAS THEN RE-NAMED WITH ITS PRESENT NAME KE ALAKA'I PONO, WHICH MEANS THE GOOD LEADER. A STRONG, YET MORE HUMBLE VERSION OF THE PREVIOUS NAME. AUNTIE SAM EXPLAINS THAT THIS WA'A IS OUR BEST TRAINING CANOE.

MIRAGES WERE DESIGNED BY KAREL TRESNAK FROM OC CONNECTION AND ARE SIMILAR TO THE BRADLEY EXCEPT THERE ARE A FEW MODIFICATIONS TO MAKE THE BOAT FASTER.

7. **KAMANAOKAHONO:** MIRAGE, WHICH MEANS SPIRIT OF THE BAY, A TRIBUTE TO THE FANTASTIC WATERS THAT HPOCC HAS THE HONOR OF PADDLING IN. HER NAME WAS GRACIOUSLY GIVEN BY THE KAMALANI OHANA.

8. **KIKAHA 'OLU:** BRADLEY LIGHTNING, OUR NEWEST WA'A JUST BLESSED BY AUNTIE SAM PERALTA, MEANING TO GLIDE GRACEFULLY; SKIM LIKE A BIRD; TO SOAR. CLUB COLORS ARE REFLECTED IN THIS CANOE WITH BLACK GUNNELS AND A TAN HULL. AUNTIE SAM DESCRIBES HER AS "GIRLY GIRL" BUT A WILLING AND READY ADDITION TO OUR FLEET.

BRADLEY LIGHTNING WAS THE APPROVED CANOE USED IN THE 2008 WORLD SPRINTS (ALSO FOR 2012).

CANOE BLESSING INFORMATION

HO'OKAHI'S CANOES HAVE BEEN BLESSED BY OUR VERY OWN AUNTIE SAM PERALTA (KAU'I) AND UNCLE SAM FROM KE KAI O UHANE. THE POWER OF PULE IS AN INTEGRAL PART OF PADDLING. IT COMPLETES THE FULL CIRCLE THAT CONNECTS THE ALOHA SPIRIT WITHIN YOURSELF, THE CANOE, AND EVERYONE AROUND YOU. - DI JIMENEZ

THE FOLLOWING INFORMATION WAS TAKEN FROM WWW.MOUNTAINHOMECC.COM.

* A BLESSING IS A CONSECRATION TO INVOKE DIVINE CARE FOR THOSE THINGS AND/OR PERSONS WHO FULFILL OUR LIVES THROUGH PRAYER AND CEREMONY. A MEANS OF HONORING; GIVING THANKS, WELL WISHES AND POSITIVE ENERGY; TO DISSIPATE ANY ILL WISHES AND NEGATIVE ENERGY; AND TO GIVE APPROVAL AND ENCOURAGEMENT.

* CEREMONY IS A FORMAL ACT OR SERIES OF ACTS AS PRESCRIBED BY RITUAL, PROTOCOL OR CONVENTION.

* RITUAL IS THE ESTABLISHED FORM FOR A CEREMONY. A RITUAL OBSERVANCE IS A SYSTEM OF RITES, A CEREMONIAL ACT OR ACTION.

SOME GENERAL NOTES FOR A CANOE BLESSING

WA'A TO BE BLESSED ARE TO BE ON THE BEACH WITH THE MANU IHU (NOSE) TOWARDS THE WATER JUST A BIT OVER THE VERY EDGE OF THE WATER. BEACH SHOULD BE CLEARED AND FREE OF ANY OTHER PARAPHERNALIA. EVERYONE ON THE BEACH DURING CEREMONY IS CONSIDERED A WITNESS/PARTICIPANT AND WILL FORM A SEMI CIRCLE AROUND THE CANOE. (THAT'S EVERYONE ON THE BEACH). THERE IS NO UNNECESSARY TALKING DURING THE CEREMONY. THE CANOE IS THEN GIVEN A NAME, AND IT IS BELIEVED THAT THE CANOE EMBODIES THE ANCESTRAL SPIRITS OF THE HAWAIIAN PEOPLE AND OF THOSE HAWAIIAN AT HEART WHO WITNESS THE CANOE BLESSING.

(VARIOUS CLUB MEMBERS WERE ASKED QUESTIONS)
(IF YOU ASK YOURSELF THE SAME QUESTIONS, DO YOUR ANSWERS MATCH UP?)

WHAT MADE YOU JOIN THE CLUB?

- TRIED IT OUT AT THE FOSTER CITY HULA FESTIVAL AND I LIKED IT
- A BET
- I JOINED THIS CLUB BECAUSE THE PRACTICE SITE IS SO CLOSE TO MY OFFICE
- MY FRIENDS PADDLE AND I LIKE OUTDOOR SPORTS
- ANOTHER MEMBER OF THE CLUB
- EXERCISE
- A FRIEND IN THE CLUB SAID I SHOULD TRY IT OUT
- MY ROOMMATE INTRODUCED ME TO THE CLUB
- EXERCISE AND CONDITIONING
- FUN AND WORKOUT
- I WAS RECOMMENDED BY ONE OF MY HULA SISTERS... THE ALOHA SPIRIT OF THE CLUB
- WANT TO LIVE AN ACTIVE LIFESTYLE AND I LIKE THE WATER
- FRIENDSHIPS AND COMPETITION
- OTHER CLUB MEMBERS HAD CONVINCED ME TO COME TO A PRACTICE, LETS JUST SAY LOVE AT FIRST SIGHT BECAUSE I'M STILL HERE
- I'D SEEN THE SPORT BEFORE AND THOUGHT HOW FUN IT WOULD BE TO PARTICIPATE IN IT.
- A FRIEND IN THE CLUB HELPED PUSH ME INTO JOINING.
- THE CHALLENGE OF SOMETHING UNFAMILIAR AND TO PROVE TO MYSELF THAT I CAN ACCOMPLISH ANYTHING PHYSICAL AND MENTAL.

WHAT INTERESTS YOU ABOUT THE SPORT AND CULTURE?

- GOOD WORKOUT, GOOD ATTITUDES AND GOOD PEOPLE
- COMPETING ON THE WATER
- EXERCISE, THE MENTAL CHALLENGE AND THE OHANA
- THE SPORT IS GOOD EXERCISE AND THE CULTURE IS JUST COOL
- WINNING, GOOD WORKOUT, MEETING PEOPLE AND THE ART OF PADDLING
- THE WATER, NATURE AND OUTDOORS
- IT'S SOMETHING NEW. I LIKE BEING ON THE WATER. IT JUST FEELS CHILL, BUT IT PUSHES ME.
- THE INTENSE WORKOUT, THE APPRECIATION AND LEARNING OF THE HAWAIIAN TRADITIONS AND CULTURE
- HOW THE CLUB IS LIKE A BIG FAMILY. WHEN I'M PADDLING NOTHING ELSE MATTERS. I'M ABLE TO CLEAR MY HEAD AND NOT WORRY ABOUT WORK.
- LOVE THE TEAMWORK, ART AND CRAFT
- THE ALOHA SPIRIT
- I LOVE THE PEOPLE, CANOES, PADDLES, WATER, THE FEELING OF UNITY, COACHES

WHAT DO YOU VALUE FROM BEING A PART OF THE SPORT AND CULTURE?

- TEAMWORK
- THE PEACE OF BEING ON THE WATER
- THE ALOHA, TEAMWORK, PHYSICAL AND MENTAL CHALLENGE
- I VALUE POSITIVE FRIENDSHIPS AND THE GROUP ATMOSPHERE
- FRIENDSHIP AND COMMUNITY
- EXERCISE AND BEING AROUND THE PEOPLE. EVERYONE'S REALLY OPEN TO NEW PEOPLE AND ARE REALLY NICE.
- MY COMPETITIVENESS
- THE COMPETITION AND FRIENDSHIP OF THE SPORT
- THE SPIRIT OF THE CLUB AND HOW THE CLUB WORKS TOGETHER
- THE TEAM SPIRIT AND LIFELONG FRIENDSHIP OF FELLOW PADDLERS.
- THE IMPORTANCE OF ALOHA AND THE RESPECT OF OHANA
- MEETING PEOPLE
- MANA, OHANA, AND THE EXERCISE
- THE FOOD
- THE CULTURE, BEING SPLASHED BY ALL THE PEOPLE BEHIND ME AND HOW WE PROMOTE FAMILY AND TRADITION

WHAT WOULD YOU LIKE TO LEARN MORE ABOUT?

- HOW TO RIG A CANOE
- HOW TO BECOME A STRONGER PADDLER
- EVERYTHING ABOUT THE SPORT
- TECHNIQUE
- BETTER STROKING POSTURE
- THE HISTORY ON THE OUTRIGGER CANOE
- THE HISTORY OF PADDLING. THE HAWAIIAN PADDLING LANGUAGE. HOW TO STEER
- WORKING ON STROKE AND STEERING
- STROKING IN SEAT 1 AND 2
- CULTURE AND HISTORY
- I'D LIKE TO LEARN MORE ABOUT STEERING
- HOW THE CANOES GET THEIR NAMES, WHEN DID PADDLING BECOME A SPORT AND HOW, THE CULTURE AND HOW TO BECOME AN OVERALL EXCELLENT PADDLER

TERMINOLOGY

COMMANDS

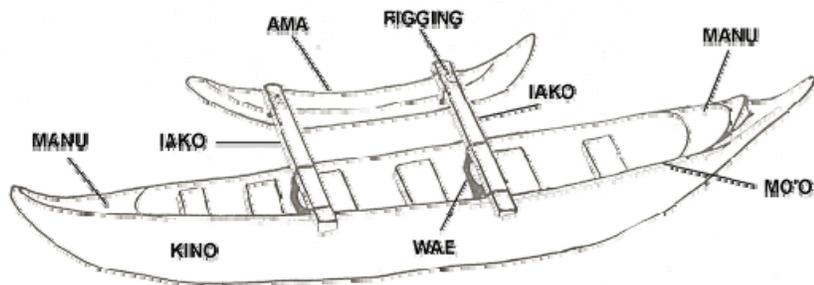
- HUKI: TO PULL (START PADDLING)
- KAHI: TO CUT LONGITUDINALLY, SHAVE, OR SCRAPE (SOMETIMES USED IN SPRINTS IN SEATS 1 AND 2)
- LAWA: ENOUGH, SATISFIED (STOP PADDLING)
- UNE: LEVER OR TO PRY (WHAT # 1 USUALLY DOES AT THE BEGINNING OF A SPRINT TURN

COMMONLY USED TERMS

- ALI'I: ROYAL
- HONU: TURTLE
- HO'OKAHI PU'UWAI: ONE HEART
- HUI: CLUB
- HULI: TO TURN OVER (CAPSIZE)
- IMUA: TO MOVE FORWARD
- KANE: MAN (MALE)
- KEIKI: CHILD (NCOCA DIVISIONS 12 & UNDER, 16 & UNDER, 19&UNDER)
- KOKUA: HELP
- KUPUNA: GRANDPARENT OR ANCESTOR (NCOCA DIVISION 60 YEARS OLD OR OLDER)
- MAHALO: THANKS
- MANA: DIVINE POWER
- MASTER DIVISION: NCOCA PADDLER AGE 40 OR OLDER)
- NOVICE: NCOCA CLASSIFICATION WHOSE FIRST SEASON IS THIS SEASON OR LAST SEASON
- OKOLE MALUNA: BOTTOMS UP
- PULE: BLESSING
- SENIOR MASTER: NCOCA PADDLER AGE 50 OR OLDER
- WAHINE: WOMAN
- 'OHANA: FAMILY

CANOE PARTS

- AMA : FLOAT/ OUTRIGGER
- HOE: PADDLE; TO PADDLE
- 'IAKO: SPARS, OUTRIGGER BOOM
- KINO: HULL
- MANU HOPE: STERN END PIECE; BACK END OF THE CANOE
- MANU IHU: BOW END PIECE; NOSE OF THE CANOE
- MO'O: GUNNELS
- PALE KAI: SPLASH GUARD
- WAE: SPREADERS
- WA'A: CANOE



MAHALO TO THOSE WHO CONTRIBUTED TO THIS HANDBOOK:
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NANENE GARCIA

AUNTIE SAM PERALTA

RON SMITH'S "WEB GUIDE TO OUTRIGGER CANOEING"

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[WWW.HOLOHOLO.ORG](http://www.holoholo.org); KAWIKA SANDS

[WWW.WAKINIKONA.COM](http://www.wakinikona.com)

IMAGES FROM [HAOLEKID.COM](http://haolekid.com)

VARIOUS HPOCC PADDLERS