

# Nā Koa Kai Canoe Club

*Perpetuating The Hawaiian Culture One Keiki At A Time™*



## ‘ŌPIO (YOUTH) PROGRAMS

Nā Koa Kai Canoe Club Inc. P.O. BOX 721437 San Diego, CA 92172

501(c)(3) Nonprofit Charity Organization

[WWW.NAKOAKAI.COM](http://WWW.NAKOAKAI.COM)



## Our Programs

### Cultural Immersion Program

Our Hawaiian cultural immersion program is the foundation on which our other programs are Built, and is based on our floating classroom - the Hawaiian canoe. By way of a structured curriculum which includes handouts, movies, a handbook, many hands-on Hawaiian crafts workshops, and, of course, outrigger canoe paddling, our youths' imagination and spirit are inspired. Our program builds self-esteem, confidence, leadership, teamwork, and a healthy lifestyle in our youths. Some of the topics covered in our program are:

- The proper names of the major parts of the Hawaiian Wa'a (canoe)
- The proper names of the major parts of the Hawaiian Hoe (Paddle)
- All of the commands to paddle a Hawaiian outrigger canoe using the Hawaiian language
- How to lash or rig a Hawaiian outrigger canoe using traditional lashing techniques with cotton cord
- The concept of "Mana" and what it means to the Hawaiian people
- The importance of the ti leaf in the Hawaiian culture and how to make ti leaf lei's
- They will learn several Hawaiian oli (chants) in the Hawaiian language
- The importance of the Hawaiian pū (Conch Shell) and the sacred protocol surrounding it
- How most canoes used to be made from koa trees and the protocol involved with selecting the right tree, felling the tree, and fabricating the canoe
- The ancient and more modern method of canoe blessing protocol
- There will be periodic cultural workshops on various subjects including Hawaiian history, crafts, and language
- Why a canoe floats (the science of displacement)
- How the 'ama acts as a counterweight
- Basic human propulsion

It is this programs philosophy, that the parent/child relationship is important and that parents have a pivotal role in conveying the Hawaiian culture to their children. We have developed a "Menehune" Overnight Camp-Out for parents and their children to share and convey a wide variety of cultural activities such as a Hawaiian Lū'au, lei and ipu making, ancient Hawaiian games, and storytelling of Hawaiian legends. The culmination of this camp will be one of our greatest cultural activities, the use of the Hawaiian Outrigger Canoe. It is our belief that planting the seed early in a person's life about these traditions will help nurture and perpetuate the Hawaiian culture, promote team building, strengthen familial relationships, and encourage an active lifestyle.

This programs is a prerequisite for our "Mālama Maui Program".



## Junior Voyaging Program

Our Junior Voyaging Program is an extension of our Hawaiian cultural immersion program that is on our floating classroom - the Hawaiian canoe. By way of a structured curriculum which includes handouts, movies, a handbook, and workshops, this course will teach our keiki's the basics of wayfinding, which is non-instrument navigation. Wayfinding was a method used by the ancient Polynesians to navigate their way around the South and Central Pacific Ocean by observation using the stars, moon, sun, ocean swells, birds, cloud patterns, winds, rain patterns, and ocean currents. Wayfinding had almost become extinct, but it has begun to make a comeback in the Pacific Islander community since 1975. In 1976 Mau Piailug, a master navigator from the island of Satawal in Micronesia, navigated the first double-hull sailing canoe known as the Hōkūle'a from Hawai'i to Tahiti to prove that wayfinding was in fact possible and very much alive. In this course, our keiki's will learn basic astrology including the star lines and constellations that ancient Hawaiians used for navigation, and ocean physics including wave and current dynamics. Upon course completion our keiki's will be able to experience, understand, and appreciate the ancient skills of Hawaiian navigation.

Some of the topics covered in our program are:

- Basic wayfinding terminology
- Introduction to constellations
- How to recognize the winter constellation Orion
- Hawaiian star lines
- How stars move across the night sky
- How to locate the North Star
- Hawaiian moon phases
- Movement of the sun
- Wave dynamics
- Ocean current dynamics
- South Pacific Island geography
- History of the sailing canoe
- Sailing canoe construction



As part of this program, we will have a field trip to Hawai'i to visit Hui O Wa'a Kaulua at 525 Front Street in Lāhainā, Maui. This is the location of two modern-built double-hull sailing canoes. There, our keiki's will be able to experience these majestic sailing canoes first hand. This program is



designed to introduce basic astrology, basic ocean physics including wave dynamics, and South Pacific geography. This course is also designed to augment a child's understanding of basic science and geography as an applied science from a Pacific Islander perspective. This program is a prerequisite to our "Mālama Maui Program".



## Nā Mea Hana Lima Program

Our Nā Mea Hana Lima (handmade crafts) program is a great way for our keiki's and their parents to connect with the Hawaiian culture. They are taught many handmade crafts such as ti leaf and flower lei making, Ikaika (warrior) helmets fabrication, pū 'ohe (bamboo horn) fabrication, Hawaiian ipu wai / ipu heke (Hawaiian gourd instrument) fabrication, and Hawaiian Pahu (drum) fabrication. For some of our crafts, a field trip is taken to the gourd farm in Fallbrook, California, where our keiki's pick out their own gourds.

Upon course completion our keiki's will have fabricated many hand-made Hawaiian crafts and learned a great deal about their origins and importance in the Hawaiian culture. In addition, our keiki's through experience will better be able to understand and appreciate the ancient handmade crafts of Hawai'i. Some of the topics covered in this program are:

- What are gourds
- Gourds and their various uses in the Hawaiian culture
- Gourd selection for a particular project
- Hawaiian Warrior helmet fabrication
- Ti leaves and their importance in the Hawaiian culture
- Pahu fabrication (drum instrument)
- 'Ohe (Bamboo) and it's many uses
- Ipu Wai fabrication

This program is a prerequisite for our "Mālama Maui Program".





## Mālama Olakino (Health Wellness)

Our Our Mālama Olakino (Health Wellness) program for youths 8-18 years old is an essential element of our paddling programs. Our programs help youth to develop healthy exercise and wellness habits that will help them maintain a healthier lifestyle as they grow. Our programs promote healthy lifestyles and we encourage the youth to share their experiences with their families. Our youth wellness program leverages our outrigger canoes, portable exercise equipment, and a local Cross-Fit Gym where our youths exercise on rowing machines, sleds, ropes, pull up bars, and other gym equipment. These facilities combined with other group activities such as rock climbing and stand-up paddle-boarding, helps build a sound mind and body in our youths and helps us fight the obesity epidemic effecting our youth today!

This programs is a prerequisite for our “Mālama Maui Program”.



