

# 剣 Kenyu

Volume 2, number 8  
August 1988

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## DATEBOOK

1. The next WSKF Practice is Friday, August 26, 7:00 to 9:00 p.m., at Northwest.
2. There is no WSKF Practice in September.
3. The next WSKF Board meeting is Sunday, September 25, 6:00 p.m., at Imperial Lanes.
4. The WSKF Taikai and Shinkyu Shinsa will be in November, exact date not yet confirmed.

## HIGHLINE KENDO KAI NEWS

This year Highline's annual Summer Camp intensive was kicked off with a visit from Nishiyama Susumu, kyoshi nanadan, of the Koishikawa Nishiyama Dojo in Tokyo, Wednesday, August 10. The Camp ran every day through Sunday, August 14, with an average daily attendance of eighteen people.

Highline is currently on break until September 19.

## UW SAFETY GUIDELINES

The Kendo Club at UW has developed a set of Kendo Safety Guidelines. The three-page document is "required reading" for every UW kenshi. Anyone interested in obtaining a copy please contact the Editor of KENYU.

## THE LAST WORD

"In the sacred time of sports, the time of the heroes occasionally breaks through. No one dictates the moment. It comes when it comes. But by preparing oneself, by laboring steadily, by forcing one's attention and concentration to the highest pitch possible, one may not lose the opportunities which suddenly and surprisingly appear. Such moments do not come frequently. Unhappy is the one whose mind is drifting when the instant comes -- the defensive back who drops an easy interception, the touchdown lost because the mind made it before the hands held the ball. Living in the time of the heroes requires intensity. One must often practice raising the quality of one's attention to every instant as it arises, staccato-like, from the void.

"Both the real time and the time of the heroes in sports are tokens of eternal life. At moments of high intensity, there seem to be no past, no future. One experiences a complete immersion in the present, absorption in an instantaneous and abundant now. In what seems like an instant, hours of profane time elapse unnoticed. From this experience, the descent into ordinary time is like exchanging one form of life for another. The most acute and disturbing pointer to the form of life high traditions have spoken of as 'eternal life' -- life in a different mode from that of the life we normally lead in time -- arises for saints in contemplation, for artists in the joy and intensity of creation, and for all of us ordinary sinners in the festivals of sport." --Michael Novak, "Sacred Space, Sacred Time," from Sport Inside Out.