

# 剣 Kenyu

Volume 4, number 11  
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## DATEBOOK

1. The next WSKF Practice is Tuesday, November 20, 7:00 p.m. at Tacoma, 1620 S. 17th.
2. The BCKF/WSKF Joint Practice is Saturday, December 8, 10:00 a.m. to 3:00 p.m. at Highline, 1321 S.W. 102nd Street. WSKF shiaigeiko will precede the arrival of the Canadians.
3. The next WSKF Board meeting is Saturday, December 8, 3:30 p.m. at Highline.
4. Our entry list for the 8th World Kendo Championships to be held in Toronto in June 1991 has to be sent in by Thursday, December 20. Please contact Jeffrey Marsten (246-2239) if you are interested.
5. The Vancouver Taikai is Saturday, January 19 (?), 11:00 a.m. at the Renfrew Park Community Centre, corner of 22nd Avenue and Renfrew Street, Vancouver, B.C.
6. The Steveston Taikai is Saturday, February 9, 10:00 a.m. at the Steveston Community Centre, 4111 Moncton Street, Richmond, B.C.
7. WSKF PRACTICES FOR 1991  
January 16 (Wednesday) Highline  
February 6 (Wednesday) UW  
March 22 (Friday) Northwest  
April 14 (Sunday) Seattle  
May 17 (Friday) Bellevue  
June 8 (Saturday) Obukan  
July - Kanto Group  
August - Aikawa Group  
September 17 (Tuesday) Tacoma  
October 27 (Sunday) Seattle
8. WSKF BOARD MEETINGS FOR 1991  
January 6            April 14  
February 3        May 5  
March 3            June 8 (in Portland)      July 14            October 27  
August 11  
September 22
9. TAIKAI FOR 1991  
January 19 (?) - Vancouver      June 21,22,23 - Toronto 8th World Taikai  
February 9 - Steveston          November - WSKF  
April 20 - UW
10. Seattle Kendo Kai Summer Camp - June 21,22,23

## 16th ANNUAL WSKF TAIKAI RESULTS - OCTOBER 27, 1990

### 10 and Under Eliminations

1st place - A. Tsujimoto, Sunrise  
2nd place - R. Shirahama, Renbu

### 13 - 15 Eliminations

1st place - R. Ohashi, Steveston  
2nd place - K. Kim, Vancouver

### 40 and Over Eliminations

1st place - Y. Taguchi, Sunrise  
2nd place - T. Davis, U. Vic.

### Senior Non-Degree Eliminations

1st place - T. Nomura, Renbu

Monthly Newsletter of the WSKF - Tom Bolling, Editor  
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### 11 - 12 Eliminations

1st place - M. Taguchi, Sunrise  
2nd place - C. Tokuno, Renbu

### Junior Team

1st place - Sunrise  
2nd place - Vancouver

### Women's Eliminations

1st place - J. Kurahashi, Renbu  
2nd place - K. Ohashi, Steveston

### 1st and 2nd Dan Eliminations

1st place - S. Asaoka

(more over)

16th ANNUAL WSKF TAIKAI RESULTS - OCTOBER 27, 1990, continued.

2nd place - M. Grossberger, Steveston  
3rd place - Y. Hayashi, Renbu  
4th place - J. Kurahashi, Renbu

2nd place - M. Asaoka, Sunrise

3rd Dan and Above Eliminations  
1st place - R. Murao, Steveston  
2nd place - E. Ohara, Sunrise

Senior Team Eliminations  
1st place - Steveston  
2nd place - Obukan

SHINKYU SHINSA RESULTS

Congratulations to all those who recently passed new degrees at the October 28 exam!  
6TH KYU: Matt Terada, Keita Uehira; 5TH KYU: Scott Bucholtz, Tetsu Okatchi, Elizabeth Marsten, Mark Scott, Brett Okamoto; 4TH KYU: Ian Novotny, Mitch Terada, Mikiko Hattch-Anagai, Dan Warner, Aya Yamaguchi, Bill Howell, Chuck St.John; 3RD KYU: Patrick Brennan, Teresa Anderson, Joe Kilgore, Larry Rouch, Jerry Radke, Juan Ramos; 2ND KYU: Mark Smith; 1ST KYU: Dana Mayhew, Gary Haasch, Dean DeJong, Steve Herrington; 2ND DAN: Brian McCarry, Vicki Marsten; 3RD DAN: Rory Elliott; 4TH DAN: Robert Stroud.

COMMENTS OF THE SHINKYU SHINSA EXAMINERS

The following are some general comments. Overall, everyone did a very good job. Keep up the studies and practicing.

Kendo Portion of Shinsa

1. Men and Kote himo (strings) are too long.
2. Tsuba (sword guard) is not at the top of the tsukagawa (leather handle). There should be only one finger width between the top of the tsukagawa and tsuba.
3. Some tsuba are too loose and move up and down on the tsukagawa. You must have a proper fitting tsuba and use a tsuba-dome gomu (rubber stopper) for safety reasons.
4. Some hakama (skirt) are too short.
5. When a match is stopped by YAME, some participants are very slow in returning to the center of the court and setting up in kamae. You should quickly return to center and establish your kamae to continue.
6. The Dan applicants are using just speed and not enough waza (technique).

Kata Portion of Shinsa

1. When bowing to your opponent eye contact was lost. When bowing to your opponent, bow about 15 degrees, all the time maintaining eye contact.
2. When walking, do not lift your toes, especially when going backwards. Ideally, you should glide with your toes maintaining contact with the ground.
3. When drawing the sword to go to sonkyo, draw on the third step; some are drawing too soon, on the second step.
4. During the kata, pacing is very important. Many moved too fast. The zanshin (when the shidachi defeats the uchidachi) and returning to the starting positions should be done at a slower pace than the initial strike and counter strikes.
5. The maai (distance) must be worked on. It is difficult to do kata with someone you have never practiced with before, but you should try to adjust during the forms. For example, when hitting men, your sword should be over your opponent's head.

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Kata Portion of Shinsa, continued.

6. On Ipponme (form one) study the proper position of the jodan kamae. The angle of the blade and positioning of the hands are very important. Have your sensei help you.
7. The Kyu group kiai is too short in duration. The kiai must be longer and stronger to have proper zanshin.
8. When making strikes, extend your wrists for a proper strike.
9. Nihonme (form two) the uchidachi must strike the kote stopping the blade parallel to the ground.
10. Sanbonme (form three) shidachi must practice the parry, keeping hands in the center of the body and making a distinct second thrust. The uchidachi must practice the parry of the shidachi counter thrusts.
11. Nanahonme (form seven) the first parry must be stronger.
12. On the short sword forms, keep the free hand firmly on your thigh, with fingers together.
13. Kodachi Nihonme (short sword form two) when doing zanshin the blade must be up and down, not sideways. The grip of the elbow is from above, not below as in the last form.

#### WSKF MEMBERSHIP DRIVE

Anyone wanting to participate on the Membership Drive Committee please contact Jeffrey Marsten (246-2239).

#### HOLIDAY CRAFTS FAIR

The 9th annual Holiday Crafts Fair to benefit Seattle Keiro Nursing Home is Saturday, November 17, 10:00 a.m. to 4:00 p.m., at the Seattle Buddhist Temple, 1427 S. Main Street.

#### THE LAST WORD

"If you put an empty gourd on the water and touch it, it will slip to one side. No matter how you try, it won't stay in one spot. The mind of someone who has reached the ultimate state does not stay with anything, even for a second. It is like an empty gourd on the water..." --Takuan Soho, FUDOCHI SHINMYO ROKU.

