

# 剣 Kenyu

Volume 6, number 6  
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### DATEBOOK

1. June 26-28, Seattle Kendo Kai Camp, Camp Coleman, Fri, Sat & Sun. \$40/person, kids age 8 and under \$30, discount for family.
2. July 4, Etobicoke 10th Anniversary Junior Tournament, Etobicoke Olympium, Ontario, Canada. For participants age 16 and under. \$15 entry fee. If interested, please call Koike Sensei immediately (365-5653).
3. July 12, BCKF/PNKF Seniors Taikai, Seattle, St. Peter's Gym.
4. July 12, Leeward Kendo Taikai, Hawaii, Sun.
5. July 18, Shinpan Seminar, Sat, 2:00 to 6:00 p.m., Highline Dojo, and PNKF Board meeting at Great City Restaurant, 6:00 p.m.
6. July 25 (expected date) Haga Tadatoshi, Kendo and Iaido Hanshi Hachidan, arrives in Vancouver BC for one month stay, with visits to PNKF, including Iaido Seminar, planned.
7. HOST FAMILIES NEEDED for Aikawa visit August 9 through 14. Please contact Jeffrey Marsten (246-2239) if you could host an adult Kenshi for a few days.

### PNKF PRACTICE SHIAIGEIKO STANDINGS (as of June 5, 1992)

Mudansha: Parkinson - 19; Arsenault - 14; Nelson - 14; Naumer - 14; Bell - 12; Scott - 9; Chan - 8; G. Bucholtz - 8; Steppic - 7; S. Bucholtz - 7; Kim - 7; Anderson - 6; Okayasu - 6; Wu - 6; Iwasaka - 6; Sh. Smith - 5; Cayetano - 5; Tan - 5; Bixler - 5; Bae - 4; Matthews - 4; Hattori - 4; Nojiri - 4; Uehira - 4; Kilgore - 3; Rackey - 3; Buron - 3; Kayashima - 3; Naganawa - 2; Hallaq - 2; Broderick - 2; Nadam - 2; Edwards - 2; Cole - 2; Cornell - 2; Nielson - 2; Williams - 2; Anno - 2.

Yudansha: McCarry - 19; Elliott - 18; Mayhew - 13; J. Marsten - 11; C. Marsten - 11; D. Anderson - 11; D. Yotsuuye 10; Bolling - 10; Bucholtz - 8; DeJong - 6; D. Imanishi - 5; Ikuta - 5; G. Imanishi - 4; Fleischman - 4; Takeuchi - 4; Saito - 3; Lu - 2; Ogushi - 2; Watanabe - 2, Abe - 2.

### KFUSA SUMMER CAMP NEWS

Final registration forms for the 1992 KFUSA Summer Kendo Camp to be held in Renton September 5, 6 and 7 are now available through your Dojo. The goal of the Camp is to improve the quality and fellowship of Kenshi throughout the United States. Help and guidance will be provided in the following areas: basics, reigi, kata, shimpan procedures, waza, and practice formats.

Instructors will be: M. Miyahara, C. Tanaka, T. Yamaguchi, S. Koike, K. Nabeshima, and S. Shikai. We will also have S. Imai, Hanshi Hachidan, accompanied by M. Kanaya, Kyoshi Nanadan, attending from Japan. Imai Sensei is the former head advisor for kata of the ZenKenRen.

Camp fees include breakfast and lunch, and are \$50.00 for KFUSA members, non-members \$75.00. A block of rooms has been reserved for KFUSA at the Silver Cloud Inn right across from the training hall and

will be held until August 8, so please be aware of this important deadline.

#### OBUKAN VISITS FROM NIPPON BUDOKAN AND SAPPORO CITY HALL KENDO CLUB

The two great May events held by Obukan were a huge success. First was the visit of twelve martial arts and ways from the Nippon Budokan. In addition to two powerful public demonstrations, there were also two more intimate Kendo and Iaido practices at the Dojo. Of the Kendo Sensei, three were Hachidan: Y. Matsuwa, H. Kikumae, and K. Miura, and three Nanadan: T. Okawa, T. Honda, and M. Suetsugu. Then the following week were two practices and a goodwill taikai with the city officials of Sapporo. These Obukan events were a tremendous opportunity for all PNKF members. Thank you very much, Obukan!

#### SAPPORO CITY HALL VISIT MAY 30, 1992

##### JUNIOR EVENT RESULTS:

1st - Ian Novotny	4th - Eric Endo
2nd - Brett Okamoto	5th - Sen Ando, Monmouth Dojo
3rd - James Imatani	

#### SAPPORO CITY HALL - VS. - PNKF GOODWILL MATCH RESULTS:

Kawaguchi	M---	Howell
Hinoishi	MM---	Arsenault
Nishioka	MM---	Naganawa
Okamoto	MD---	Uchida
Aso	M-X-K	Fukase
Tokui	MK---	Ando
Tanie	---MK	Stroud
Yoneta	M-X-M	Onaru
Mishima	D-X-K	Bolling
Nozaki	---M	C. Marsten
Morimoto	-X-	J. Marsten
Kiishi	M---KK	Yabe
Takahashi	---M	Koike

#### BELLEVUE KENDO CLUB

At their June 14 meeting the PNKF Board voted regular full dojo status for Bellevue. Congratulations, Bellevue Kendo Club!

#### NORTHWEST KENDO CLUB NEWS

From now until September, Northwest Kendo Club Tuesday night practices will be 7:00 to 9:00 p.m. at the Ballard Boys and Girls Club, corner of NW 64th Street and 20th Avenue NW.

#### THE LAST WORD

Second, the feet and legs, which are the foundation on which the body stands and on which all body movements are supported. Any injury in either foot must be attended to immediately; otherwise, you will not be able to maintain the correct pose in practicing, or you may develop a bias in posture. The vital part in that area is the knees, which control your balance and keep the small of the back stable. Stretching or bending the knees in excess should be avoided. At the time of doing a tsuki the left thigh should be kept taut, edging the left leg toward the right one. (I have a problem with my left leg from injury.) A "life line" runs from between the first and second toes of the left foot through the genital organs and the spleen over to the heart.

--correspondence of Arae Takahiko, January 10, 1985.

#### KENYU - Monthly Newsletter of the Pacific Northwest Kendo Federation

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