

# 剣 Kenyu 友

Volume 10, number 6/7  
June/July 1996

## DATEBOOK

1. Jul 20, Sat, Team Practice, Highline.  
Juniors 8:30 a.m.; Adults 10:30 a.m.  
with Board meeting following Team Practice.
2. Jul 27, Sat, Team Practice, Steveston.
3. Jul 27/28, Sat/Sun, Pat Graney Movement  
Meditation, on Kite Hill, in Magnuson Park. Performances are at  
3 p.m. and 7 p.m. each day. Tickets are \$10 in advance, and  
\$12.50 at the site. Volunteers are needed during rehearsals  
and before and after each performance. Helpers receive a  
complimentary ticket. Contact person is Teresa Anderson, who  
may be reached at (206) 334-8529.
4. Aug 10, Sat, PNKF Shinsa for 2 Kyu and below, Obukan, 12:00 noon  
with Team Practice after Shinsa, 1:30 p.m.
5. Aug 17, Sat, Board Meeting, 11:30 a.m., Highline.
6. Aug 18, Sun, Team Practice, 8:30 a.m., Highline.
7. Aug 24, Sat, Team Practice, afternoon, place to be announced.
8. Aug 30-Sep 2, Fri-Mon, AUSKF Kendo Championships, Cleveland, OH.
9. Oct 5, Sat, PNKF Shinpan Seminar.
10. Nov 7, Sat, PNKF Kata Seminar.
11. Nov 16, Sat, PNKF Taikai, Renton.

## FROM THE PNKF BOARD

PNKF TEAM Below are the PNKF Members participating in the US Championships. If you are interested in attending the Championships, your Dojo has received information detailing the schedule and reservations.

Coach: David Yotsuuye

Manager: Rory Elliott

### MEN'S:

BEL Dick Anderson  
ALA Masa Ando  
SEA Doug Imanishi  
SEA Daryl Imanishi  
REN Curtis Marsten  
HIG Brian McCarry  
HIG Shane Smith

### YOUTH 16-18:

REN Garrett Chan  
OBU Eric Endo  
OBU Justin Crawford  
HIG Mark Scott

### SENIOR'S:

BEL Tom Bolling  
HIG Charles Lu  
HIG Jeff Marsten

### WOMEN'S:

HIG Amy Arsenault  
OBU Judith Mack  
HIG Elizabeth Marsten

### YOUTH 15 AND UNDER:

HIG Brian Koepke  
BEL Chris Nojiri  
CAS Garrett Suzaka

### GOODWILL:

HIG Rory Elliott  
CAS Gary Imanishi  
OBU Blake Kashiwagi  
REN Jan Orwig  
ALA Mike Price

#### NEW PNKF ADVISOR ELECTED

At their June 22 meeting the Board unanimously made Jeffrey Marsten an Advisor to the PNKF Board. Congratulations and thanks, Marsten Sensei!

#### PNKF TAIKAI, NOVEMBER 16, 1996

Amy Arsenault has graciously volunteered as the Chair of the PNKF Taikai. The following people have agreed to chair committees: Fundraising - Gayle Kayashima; Hotel/Transportation - David Yotsuuye; Floor Operations - Dick Anderson; Food - Chizuru Nojiri; Setup - Brian McCarry; Advertising - Elizabeth Marsten; Internet - Tom Bolling. Volunteers would be appreciated.

#### PNKF IAIDO SEMINAR, JUNE 29 AND 30, 1996

The second Iaido Seminar for 1996 continued the high intensity and excitement of the February 29 one. Teachers were Murosako Sensei and Konno Sensei, supported by Anderson Sensei, Bolling Sensei and Stroud Sensei.

First there was an in-depth review of the ZenKenRen Iai. (NOTE: the Zen Nippon Kendo Renmei "Seitei" Iai curriculum is now known simply as the "ZenKenRen" Iai curriculum, to distinguish it from the Zen Nippon Iaido Renmei Seitei set.)

After the ZenKenRen review, we then launched into the Muso Shinden Ryu Shoden, Omori Ryu. All the basics of the Omori Ryu were fully covered.

The first day ended with a leisurely and delicious feast at Casa Lupita, during which Murosako Sensei and Konno Sensei continued to teach and answer questions about many aspects and dimensions of Iai and Kendo.

The second day, there was a general review of the Omori Ryu, and continued in-depth training in smaller groups for both Omori Ryu and ZenKenRen. Finally, there was a clear explanation of how Iaido Shiai matches are held, ending up with an actual "dry-run" Shiai, with all participants taking part.

The Seminar was also an opportunity for participants to obtain or order excellent quality training equipment such as Iaito, Obi, and Gi. Each person also received very detailed handouts giving the Kanji, Romaji, and English for essential Iaido terminology.

We eagerly await the next PNKF Iaido Seminar with more opportunities to learn about this basic foundation of our Kendo training and study.

#### 10th WORLD CHAMPIONSHIPS, KYOTO, MARCH 27-30, 1997

Preparations are well under way for the 10th World Championships, and a preliminary headcount of those wishing to attend has already been requested. If you are planning to attend, please let PNKF President Rory Elliott (367-7084) know right away. Other activities surrounding that event include Iai Demo March 23, Iai Seminar March 24-25, and Iai Shinsa for 1-7 Dan March 26.

#### THE LAST WORD

You may feel, "Oh, I have these weaknesses and these faults and they are impeding my practice." But really faults and weaknesses are only pejorative words for qualities. Really they are points of growth, points of change. Your laziness is your patience and your anger is your sense of justice. --Robert Aitken, Roshi, ENCOURAGING WORDS.

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KENYU ONLINE - <http://weber.u.washington.edu/~kendo/kenyu.html>

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