

# 剣 Kenyu

Volume 11, number 8  
August 1997

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### DATEBOOK

1. Sep 6-13, Victoria BC Iaido Seminar with Esaka Seigen. Details call Ted Davis (250) 474-6665.
2. Sep 20, Sat, PNKF Board meeting, 11:30 a.m., Highline.
3. Oct 11, Sat, PNKF Board meeting, 11:30 a.m., Highline.
4. Oct 11-12, 9th South East US Kendo Federation Taikai, Memphis.
5. Nov 8, Sat, PNKF Taikai - \*\*WE NEED A VOLUNTEER FOR CHAIR!\*\*
6. Nov 15, Sat, Midwest Kendo Federation Taikai, at Michigan State Univ. Details please email Ron Fox <fox@foxsun.nsc1.msu.edu>.

### FROM THE PNKF BOARD

NOMINATIONS FOR 1997/98 PNKF BOARD. Nominations have been requested from each Dojo for the PNKF Board of Directors for the 1997/98 year which begins in October. Please send nominations to Rory Elliott by the week of September 1 - 5.

IAIDO SEMINAR A BIG SUCCESS. The PNKF Iaido Seminar, held down at Obukan on August 23, was excellent. Konno Tatsuhiko led, supported by Dick Anderson, Tom Bolling, and Robert Stroud. Detailed coverage of the ZenKenRen Iai curriculum was given, and Konno Sensei also took questions about Muso Shinden Ryu from some of the more advanced students. A Shinsa followed the Seminar. The next PNKF Iai Seminar is in February 1998.

### SHINKYU SHINSA

IAIDO SHINSA, August 23, 1997. 2ND KYU: James Collins (Obukan), Troy DuFrene (Obukan), Scott McGrew (Obukan), Joon Ou (Obukan). 1ST KYU: Craig Fife (Obukan), Brandy Grobert (Obukan), John Hancock (Obukan).

KENDO SHINSA, August 24, 1997. 5TH KYU: Bruce Hess (Idaho). 4TH KYU: James Beriault (Obukan), Darachann Hess (Idaho), Scott McGrew (Obukan), Eugene Sodano (Highline). 3RD KYU: Troy DuFrene (Obukan), Lonny Hancock (Obukan), Chris Tilt (Obukan). 2ND KYU: Justin Byrne (Obukan), Joon Ou (Obukan).

Congratulations to all who challenged the exams!

### SUNRISE TAIKAI - August 2, 1997

#### Open Women

1st place - M. Hayashi, Vancouver  
2nd place - M. Taguchi, Sunrise  
3rd place - E. Marsten, Highline  
3rd place - W. Nakano, Steveston

#### 1st - 3rd Dan

1st place - G. Ohara, Steveston  
2nd place - M. Taguchi, Sunrise  
3rd place - M. Hayashi, Vancouver  
3rd place - T. Kubota, Sunrise

#### Open Non-Degree

1st place - M. Akitaya, Vancouver  
2nd place - K. Shimada, Steveston  
3rd place - B. Chan, Sunrise  
3rd place - Y. Choi, Vancouver

#### 4th Dan and Above

1st place - D. Taguchi, Sunrise  
2nd place - M. Asaoka, Sunrise  
3rd place - D. Anderson, Bellevue  
3rd place - Y. Taguchi, Sunrise

Spirit Awards	Dojo Team
Non-Degree - M. Imanishi, Vancouver	1st place - Vancouver
Women's - S. Chan, Sunrise	2nd place - Sunrise
1st -3rd Dan - T. Anderson, Bellevue	

#### KENDO, IAIDO AND JODO VIDEOS, AND AUSKF PATCHES

The four superb and indispensable official English language videotapes of the All Japan Kendo Federation basic Kendo training, Kendo Kata, Iaido, and Jodo continue to be available.

The full color cloth embroidery AUSKF patches are available as well.

Kendo Basics, \$11. Shinpan Rules \$11. Kendo Kata, Iaido, Jodo \$8 each. Shipping \$3 minimum. Patches \$10. Checks payable to Highline Kendo Club to Jeffrey Marsten, 616 SW 135th St., Seattle WA 98146.

All proceeds from videos and patches go to support the AUSKF.

#### THE LAST WORD

KENDO IS INFINITE. When asked why you are learning Kendo, how would you reply? Everyone will give a different response, according to age or other factors. But it is important to clarify your reasons for wanting to learn Kendo before you take it up. Kendo involves pitting yourself against an opponent in the dojo and winning matches. This does not mean, however, that you should learn Kendo for the following reasons: (1) to fight people (2) for vanity (3) to humiliate people (4) to enhance reputation (5) for financial gain. Always bear the above points in mind, and apply yourself single-mindedly to your keiko. Unfortunately, there are those who practice Kendo with enthusiasm, but fail to heed these points, thinking only of immediate tangible results. Try not to be impatient to see improvements in your Kendo, and remember that the process is sometimes more important than the result. Too much concern with worldly goals and ambitions is likely to have an adverse effect on your Kendo. Further, it is a grave mistake to think that an understanding of technique will automatically enable you to grasp the essence; Kendo is infinite, so rather than focusing on winning or losing, think carefully about how to refine your skills.

MUSHA SHUGYO. The term musha shugyo is somewhat outdated, referring to the custom during the Edo period (1603-1868) of practitioners of martial arts going around the country performing shugyo in order to polish their skills. The same thing happens today, though we no longer refer to it by the same term. As far as Kendo is concerned, if you always perform keiko at the same dojo with the same opponents, it is inevitable that your pitch of tension will eventually slacken and your keiko lose its freshness. When this happens, you can bring about an increased sense of tension and revitalize your keiko by going to another dojo, or even to a completely different region. By going in the summer to somewhere with an even hotter climate, or in the winter to an even colder climate than your own, and by carrying out shugyo in these places, you are exposed to a new kind of hardship. Once you have overcome this, however, your confidence will increase enormously. By doing this again and again you will see an improvement in technical skills, as well as great spiritual benefits. Above all, it will make you more rich and rounded as a person. Musha shugyo is a very positive act, and we can gain a tremendous amount from it.

--Hiroshi Ozawa, KENDO: THE DEFINITIVE GUIDE.

KENYU - Monthly Newsletter of the Pacific Northwest Kendo Federation

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

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