

剣 Kenyu 友

Volume 12, number 4
April 1998

DATEBOOK

1. Apr 18-19, Cherry Blossom Festival. Sat. demo: 3:30 p.m.; Sun demo: 2:30 p.m. Please arrive 30 minutes before the demo time. Yabe Sensei (phone 425-277-0848 email: <yabedd@gte.net>) will coordinate the Cherry Blossom demos.
2. May 3, Sun, Bellevue Youth Taikai, 11 a.m. start time; with PNKF Board meeting immediately following the Taikai.
3. May 16, 17, 18 BC Japan Week visit of Budokan group, with keiko at Steveston Monday evening May 18. There is a major group of many martial arts such as Judo, Sumo, Niten Ichi, Naginata, Kyudo, Jyukendo, and Shorinji Kempo coming for the Japan Week events on Saturday and Sunday. A web page describing all events is at <http://www.canadajapanweek.com>. The delegation of Kendo instructors from the AJKF will be practicing at Steveston 7:00 to 8:30 p.m. The delegation includes Mr. Y. Nakajima, Hanshi 8 Dan, Mr. T. Kumamoto, Hanshi 8 Dan, Mr. K. Nishimura, Hanshi 8 Dan, Mr. C. Ichiyanagi, Kyoshi 7 Dan, Mr. A. Komatsu, Kyoshi 7 Dan, Mr. K. Shimojima, Kyoshi 7 Dan and Mrs. M. Chiba, 5 Dan. Please contact Mr. Bob Takagaki (604) 273-8038 for more info.
4. May 23-24, Unison Way Kendo and Iaido Grand Opening Ceremony and Seminar. Dedication of new Dojo, and visit from Nakanishi and Narasaki Hanshi, both 9th Dan, and Haga Hanshi, 8th Dan.
May 23, Sat, 9:00 a.m. Iaido Training; 1:00 p.m. Dojo Opening Ceremony. Kendo Kata demonstration to be performed by Narasaki and Nakanishi Hanshi. Iaido demonstration by Haga Hanshi.
4:00 p.m. general practice: Kendo and Iaido.
May 24, Sun, 9:00 a.m. Kendo Kata Seminar; 1:00 p.m., Kendo Seminar.
5. May 30, Sat, Sunrise Taikai.
6. Jun 19, 20, and 21, All US Kendo 1998 Summer Camp, Cimarron Memorial High School, Las Vegas, Nevada.
7. Jun 21, Sun, Leeward Oahu Taikai, Mililani, Hawaii.
8. Jun 27, Sat, PNKF Board, 11 a.m., V. Marsten home.
9. Aug 8, Sat, PNKF Iaido Seminar and Shinsa.
10. Aug 9, Sun, PNKF Kendo Shinsa.
11. Oct 3, Sat, PNKF Shinpan Seminar.
12. Nov 14, Sat, PNKF Taikai.
13. Dec 5, Renton Taikai, 2nd Dan and Below.

FROM THE PNKF BOARD

The AUSKF 1998 Kendo Summer Camp will be June 19, 20, and 21 in Las Vegas, Nevada. Upon successful completion of this Kendo training, students will get a better understanding of, and become more proficient at Kendo basics, including the way of the body, the way of the sword, the way of the mind, and human character. Basic and advanced Kendo waza and the principles and methods of the Nihon Kendo Kata are also included.

Training fee is \$75 for AUSKF members or \$150 for non-members, and includes two lunches, welcome party, and transportation to and from the Hotel and Gym. Lodging accommodations will be at the Circus Circus Hotel, with special low rates of \$36/per room on Thursday June 18, and \$62/per room on Friday June 19 and Saturday June 20. For rooms please call before May 20, 1998 at 1-800-444-2472 or 1-800-765-4449, and mention the reservation is under All US Kendo Federation. The place of training will be the Cimarron Memorial High School. Training dates are Friday June 19 and Saturday June 20. Promotional exams will be the morning of Sunday June 21.

The AUSKF invites submissions for ideas for an official red white and blue graphic logo design representation for the 11th World Kendo Championships which will be held in Santa Clara in the year 2000. The design does not have to be in final form, but should be flexible enough to be used in all types of media, such as letter-heads, tenugui, water bottles, etc. Five shinai will be awarded to the submission that is selected by the 11th WKC Organizing Committee. Complete instructions have been sent to each Dojo, or you may ask the Editor of Kenyu for details. Deadline for submission is April 18, 1998.

23rd UW INVITATIONAL KENDO TOURNAMENT, APRIL 11, 1998

Senior Non-Degree 0-4 Kyu

1st place - G. Ham, UW
 2nd place - M. Rigler, Bellevue
 3rd place - T. Swenson, Renton
 3rd place - T. Slosson, Northwest

Senior Non-Degree 1-3 Kyu

1st place - R. Kellams, Renton
 2nd place - L. Cañares, UW
 3rd place - S. Blechschmidt, Bellevue
 3rd place - J. Shin, UW

Women's Open

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

Yudansha 1-3 Dan

1st place - C. Yang, Torrance
 2nd place - M. Gapasin, Renbu
 3rd place - T. Yamada, Vancouver
 3rd place - M. Taguchi, Sunrise

Yudansha 4 Dan and Up

1st place - P. Nishikiham, Steveston
 2nd place - D. Yotsuuye, Bellevue
 3rd place - D. Anderson, Bellevue
 3rd place - W. Nakano, Steveston

Team

1st place - Vancouver
 2nd place - Steveston

Shoji Inspirational - Neil Sunderland

THE LAST WORD

Points to Observe When Doing Kirikaeshi *Keep your shoulders relaxed. *After the strike, extend your right elbow. *Perform ashi-sabaki correctly when moving forward and backward. *Strike correctly with the cutting edge, avoiding hirauchi (strike with the flat of the shinai).... The Beneficial Effects of Kirikaeshi 1. Improves posture. 2. Improves breathing. 3. The strike becomes strong and reliable. 4. The shoulder joints become flexible. 5. Develops the skill of tenouchi. 6. Facilitates arm movement. 7. Posture becomes firm and solid. 8. Improves ashi-sabaki.... The Beneficial Effects of Receiving Kirikaeshi 1. Improves posture. 2. Facilitates movement. 3. When your partner strikes, the cutting edge becomes clear. 4. Maai becomes clear. 5. Develops shinai grip in tenouchi. --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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