

1. Apr 8, UW Taikai, Sat, 10am, UW IMA.

- 2. Apr 15, Cleveland Taikai, Sat, 9:30am, Woodling Gym.
- 3. Apr 16, PNKF Board, Sun, 1pm, St. Peter's.
- 4. Apr 20-23, 25th Australian National Kendo Championships/Seminar, Canberra ACT Australia enquiries email: marianne.whybrow@abs.gov.au
- 5. Apr 21-23, Cherry Blossom Festival, Seattle Center.
- 6. May 7, Bellevue Junior Taikai, Sun, 11am, Bellevue.
- 7. May 20/21, PNKF Kata Seminar, Sat/Sun, Obukan.
- 8. Jun 11, Rose Festival Taikai, Sun, Obukan.
- 9. Jul 1,2,3, AUSKF Iaido Summer Camp and Championships, New York.
- 10. Jul 16, PNKF Board meeting, Sun, 1pm, St. Peter's.
- 11. Aug 19, PNKF Iaido Seminar and Shinsa, Sat.
- 12. Aug 20, PNKF Kendo Shinsa, Sun.
- 13. Sep 17, PNKF Board meeting, Sun, 1pm, St. Peter's.
- 14. Oct 15, PNKF Board meeting, Sun, 1pm, St. Peter's.
- 15. Nov 11, PNKF Taikai, Sat, 9:30am, Renton (NOT Nov 4).

FROM THE PNKF PRESIDENT, DICK ANDERSON

Shinai Safety - I realize the PNKF Dojo are very aware of maintaining a safe and injury free environment for all our kenshi. I want to remind everyone to check the condition of their shinai before each practice and to make sure an adult inspects the children's shinai. Children may not understand that damaged take can be repaired or replaced and may just continue to use an unsafe shinai. Insuring the shinai we use for Kendo practice is in good repair with no cracks or being shattered is an important way to show respect to our fellow Kenshi.

11th World Kendo Championships - I would like to share two messages:
Yuji Onitsuka, Team USA Captain: I would like to thank all the volunteers, staff, family, and friends for making this tournament an ever lasting experience for me and Team USA. Many people have come up to me and said "you guys might have lost but you guys are the champions." But if there's any true champions it must go to you people. If it weren't for the volunteers and staff this tournament would not be going on. I would like to commend all of you for the time and effort put into this tournament, you people have made Team USA the champs. We can now go to any country and be proud of USA Kendo. Other countries will remember the hospitality you people have provided and treat Team USA accordingly. If anything I've learned more about the way of the sword (Kendo) just by watching you people working as a team at the tournament. Kendo is not just about being strong on the court but also off the courts. I've seen that in all of you people this past weekend, and now I have many things I will strengthen my Kendo upon. Thank you for the memorable experience. Living life with no regrets.

Richard Hill, 11 WKC Tournament Coordinator: THANK-YOU, THANK-YOU, THANK-YOU!!!!!! Thanks to your tremendous efforts, the 11WKC was a Very BIG Success! Some of you got little sleep, filling out the score sheets each night (MORNING), and helping clean in the evenings, then back at the Gym to prepare for the morning. Some of you had mundane positions and did them cheerfully, and some of you got ran ragged, but that's what it was all about. We pulled off a World Class Tournament with 100% Volunteer assistance, and did an outstanding job without any major problems. Thank you for your hard work and dedication. I believe that with people like you in the Kendo Federation, we will continue to grow both in size and as a family, with fewer political issues which divide us.

24th ANNIVERSARY HIGHLINE KENDO KAI MUDANSHA CHALLENGE CUP, March 4, 2000 1st place - G. Suzaka, Cascade 3rd place - E. Lachica, Cascade 4th place - J. Syring, Bellevue 2nd place - D. Shiroo, WSU 3rd place - T. Antush, Highline 4th place - M. Rigler, Bellevue 4th place - D. Kayashima, Bellevue 4th place - CJ Chaney, Bellevue Team 1st place - Bellevue, with 30 points. 2nd place - Cascade, with 24 points. 3rd place - UW, with 21 points. 4th place - WSU, with 11 points.

11th WORLD KENDO CHAMPIONSHIPS, Santa Clara, California - March 24-26, 2000 Women's Individual Women's Team

2nd place - K. Baba, Japan 2nd place - Brazil 3rd place - H. Yano, Japan 3rd place - USA 3rd place - S. Asahina, Japan 3rd place - Canada Kantosho Kantosho S. Konishi, Brazil H. Aboutaleb, Australia R. Kubo, Hawaii A. Destobbeleer, France S. Caspary, Germany
J. Dekker, Holland
H-C Peng, Taipei
B. Kiraly, Hungary A. Sipos, Hungary K. Takada, USA M. Korogi, Japan E. Onaka, Brazil H-H Cho, Korea J. Chun, Hawaii W. Nakano, Canada J-Y Kwon, Korea

Men's Individual

1st place - N. Eiga, Japan 2nd place - K. Takenaka, Japan 3rd place - T. Someya, Japan 3rd place - S-S Hong, Korea Kantosho S-S Park, Korea S. Asaoka, Canada C. Yang, USA D. Ara, Canada H. Hirata, Japan K. Matsukubo, USA C-Y Kim, Korea K. Hashimoto, USA

1st place - T. Kawano, Japan

Men's Team

1st place - Japan

1st place - Japan 2nd place - Korea 3rd place - Canada 3rd place - Brazil Kantosho Y. Jaquet, Switzerland M. Kawabata, Hawaii Y-Y Liu, Chinese Taipei M. Wahlquist, Sweden Z. Vadadi, Hungary B. Smith, Australia B. Janssen, Netherlands D. Yang, USA

KENDO SHINSA, February 27, 2000, Highline CORRECTION.

4TH KYU: Joshua Koplin (Bellevue).

THE LAST WORD The kensen and the state of your spirit are intimately connected, as is apparent from the following words from an old style of Kendo known as Shinto Munenryu: "The sword follows the hand, the hand follows the spirit." You must ensure that the kensen does not drop below the level of your partner's right kote. If you let it drop too low, your kote becomes vulnerable from above. There is also the chance that your men may be struck by nidan-waza from the kote. The kensen should only move left and right within the limits of your partner's body. At such times it is better to perform these techniques using as small and sharp movements as possible. Also, techniques such as katsugi-waza ("shouldering-the-sword" technique) that necessarily involve moving the kensen away from your partner can only be successfully executed after you have overcome your partner with "ki."

--Hiroshi Ozawa, KENDO: THE DEFINITIVE GUIDE.

KENYU - Monthly Newsletter of the Pacific Northwest Kendo Federation KENYU ONLINE - http://faculty.washington.edu/kendo/kenyu.html