

剣 Kenyu 友

Volume 21, number 7/8
July/August 2007

PNKF DATEBOOK

1. Sep 14/15, Idaho Kendo Kai Annual Kendo Seminar, Fri/Sat.
2. Sep 16, Annual Idaho Umemura Hai Open Taikai, Sun.
3. Sep 22, PNKF Board, Sat, 2-4pm, Kent.
4. Oct 6, AUSKF/PNKF Shinpan Seminar, Sat, 9am-5pm, Kent.
5. Oct 20, Tacoma Junior Taikai, Sat, 10am-4pm, Curtis High School.
6. Nov 3, PNKF Board, Sat, 2-4pm, Kent.
7. Nov 10/11, AUSKF Board and Kodansha Shinsa.
8. Nov 17, PNKF Taikai, Sat, 9:30am, Kent.
9. Dec 8, Kent Taikai, Sat, report time 9am, start 9:30am, Kent.

OTHER DATES

1. 2008, AUSKF Championships.
2. 2009, 14WKC, São Paulo, Brazil.

PASSAGE On Friday, August 3, 2007, a great, noble, and much-loved kenshi bravely launched forth on the adventure that follows upon our life. Ted Davis, Iaido Renshi 7th Dan, Kendo 5th Dan, President of the Canadian Iaido Association, founder and head instructor of the University of Victoria Kendo Club, and a Director of the British Columbia Kendo Federation, died at the age of 60 after having calmly, serenely and resolutely fought a brutally short and cruel battle with B-lymphocyte non-Hodgkin's lymphoma of the spine, an extremely virulent and aggressive form of cancer. Born November 17, 1946 in Oregon, gentle and peace-affirming Davis Sensei had been intensely interested in ecology and environmental issues from childhood, loving the mountains, rock climbing, bird watching, sailing, kayaking, tree planting, and researching reptiles and amphibians. He received a bachelor of science from Portland State University in 1968. He lived in Japan for two years studying Japanese culture, language, and martial arts. In 1986 he went to the University of Victoria, where he established the city's only Kendo Club, and where he also earned a master of science and in 1996 completed a Ph.D., both on salamanders of Vancouver Island. He continued at the University as post-doc researcher, teacher of biology, and, of course, Kendo and Iaido sensei. Our deepest condolences go to his family, especially his wife Colleen Kasting, his daughter Logan, Logan's mother Jeannine, and his sister Sue. Memorial service August 18, 4:30pm, Alix Gooldin Hall, corner of Quadra and Pandora, Victoria, BC, with potluck following. Contributions to the Ted Davis Endowment Fund at Camosun College Foundation, 4461 Interurban Road, Victoria, BC V9E 2C1, (250) 370-4233, may be given as an alternative to flowers.

12th ANNUAL HARVARD-RADCLIFFE SHORYUHAI INTERCOLLEGIATE TOURNAMENT, April 21/22, 2007

Teams

- 1st place - UCLA A (Amano, Imai, Tanaka, Yu, Goya)
2nd place - UCSD A (Park, Harada, Kato, Tamura, Kim)
3rd place - Stony Brook (Jang, Lee, Kim, Ahn, Suh)
3rd place - Harvard A (Choate, Kwok, Joo, Torella, Pholchai)

Individuals

- 1st place - Takino, Soka
2nd place - Goya, UCLA
3rd place - Fortier, McGill
3rd place - Park, UCSD

PNKF INVITATIONAL NORTH AMERICAN WOMEN'S TEAM KENDO CHAMPIONSHIP TOURNAMENT, July 21, 2007, Renton

TEAMS

- 1st place - Pacific Northwest Kendo Federation B
(T.Anderson, M. Hashimoto, A. Arsenault, M. Rinaldi, V. Marsten)
2nd place - Hawai'i Kendo Federation
(Y. Hamajima, A. Hayase, N. Yoshida, A. Fujimoto, R. Kubo)
3rd place - Pacific Northwest Kendo Federation A
(A. Takado, J. Chen, CF Huang, E. Marsten, M. Iwamoto)
3rd place - Northern California Kendo Federation A
(L. Tanaka, D. Mita, A. Kawamura, A. Aono, R. Mikuni)

INDIVIDUAL MUDANSHA

- 1st place - N. Grimes, PNKF
2nd place - J. Frazier-Day, PNKF
3rd place - E. Tam, PNKF
3rd place - S. Jolly, PNKF

INDIVIDUAL YUDANSHA

- 1st place - M. Taguchi, BCKF
2nd place - W. Robillard, BCKF
3rd place - R. Kubo, HKF
3rd place - R. Mikuni, NCKF
4th place - E. Marsten, PNKF
4th place - M. Hayashi, Vancouver
4th place - M. Iwamoto, PNKF
4th place - M. Hashimoto, PNKF

AUSKF IAIDO TOURNAMENT, July 27, 2007, Council Bluffs, Iowa

Mudansha Cup

- 1st place - Jason Willey, Doshikai
2nd place - Mark Porter, Omaha

Yamaguchi Cup (1st Dan and 2nd Dan)

- 1st place - Aram Kailian, Shidogakuin
2nd place - Frank Nieves, Iaido Miami

3rd place - Charles Howell, Omaha 3rd place - Matthew Blanchard, Doshikai
3rd place - Thomas Petchel, Musokai 3rd place - Robert Eitel, Baltimore-Annapolis
Fighting Spirit - Shuana Toh, Meitokukan Fighting Spirit - Marcos Altuna, Shidogakuin

Nakanishi Cup (3rd Dan and above)

1st place - Dick Anderson, Everett
2nd place - Monica Iwakaba, Rocky Mountain
3rd place - Debi Farmer, Shidogakuin
3rd place - Paul Shin, Shidogakuin
Fighting Spirit - Pam Parker, Ken Zen

SHINKYU SHINSA

IAIDO SHINSA, July 29, 2007, Omaha

3rd KYU Alanda Foster (Omaha), Justin Heckel (Yamakage), Charles Howell (Omaha), Joseph Hrdy (Omaha), Dustin Kozal (Omaha), Tim Patrick (Buddhist Temple of Chicago), David Stacey (Washington Kendo), Edward Vierk (Omaha). **2nd KYU** Jeffrey Koke (DFWKIK), Doreen Mita-Juanitas (San Jose), Mark Porter (Omaha), Kimberly Thompson (Omaha), Hiroshi Toriumi (Zen Bu Kai). **1st KYU** Barbara Esher (Washington Kendo), Yuta Kusakari (Shidogakuin), Philip Ma (Norwalk), Elizabeth Pesek (Omaha), Richard Sproul (Doshikai), Veronica Taylor (Baltimore-Annapolis). **1st DAN** Robert Baruch (Washington Kendo), Aeree Chung (SeiZanKai), Robert Maddux (Meitokukan), Jeffrey Meyers (Zen Bu Kan), Jonathan DeSousa (Doshikai), Leroy Sylvain (Ken Zen), Shauna Toh (Meitokukan), Jason Willey (Doshikai), Jared Williams (Zen Bu Kan). **2nd DAN** Matthew Blanchard (Doshikai), Aram Kailian (Shidogakuin), Mito Carmelo Morales (Ken Zen), Andrew Smith (Rocky Mountain), Robert Souder (Gulf Coast Kendo), Rebecca Wood (Zen Bu Kan). **3rd DAN** James Atkins (Northern Kentucky Kendo), Hunter Lonsberry (Aunkai), Frank Nieves (Iaido Miami), Steven Sasaki (Omaha), Larry Scanlon (Annapolis Kendo Iaido). **4th DAN** David Cooper (DFWKIK). **6th DAN** Russell Ichimura (Mushinkan), Hideki Iwakabe (Rocky Mountain), Pam Parker (Ken Zen), Mark Uchida (Mushinkan).

IAIDO SHINSA, August 4, 2007, Kent

3rd KYU Sung Campbell (Musokai), Aaron Weingartner (Musokai), Amber Weingartner (Musokai). **2nd KYU** James Boyd (Everett), Frank Hauser (Alaska), Sam Sutherland (Obukan), Anthony Zee (Sno-King). **1st DAN** Harmon Blanch (Musokai), Chun-fang Huang (Obukan), Joe Jordan (Musokai).

KENDO SHINSA, August 4, 2007, Kent

5th KYU Mikayla Blomquist (Bellevue), Sanghoon Chong (Northwest), Nathaniel Iwata (Seattle), Danielle Keen (Bellevue), Jilly Kim (Northwest), Jino Kim (Northwest), Katalin Plummer (Idaho), Laiza Williamson (Seattle), Trent Yamada (Bellevue). **4th KYU** Ian Blanch (Meadowbrook), Michael Faigenblum (Meadowbrook), Mark Frederick (Northwest), Ariel Goh (Northwest), Brandon Goh (Northwest), Mari Ikeda-Wilson (Tacoma), Min Jung Kim (UW), April Lotshaw (Northwest), Chan Na (Northwest), Marcus Na (Northwest), Heon Park (Seattle), John-Paul Stroud (Idaho). **3rd KYU** Raine Blechschmidt (Bellevue), Harmon Blanch (Meadowbrook), Vanessa Byers (Big Sky), Michael Fields (Spokane), Sean Flynn (Idaho), Charles Hampton (Meadowbrook), Tad Iba (Sno-King), Daniel Jackson (Puyallup), June Noh (Seattle). **2nd KYU** Connor Blomquist (Bellevue), Wei Ju Chen (Seattle), Conor Marsten (Kent), Joseph Matison (Spokane), Ian Morgan (Puyallup), Lei Yu (Northwest). **1st KYU** Lee Anderson (Big Sky), Gordon Burgess (Bellevue), Steve Burgess (Bellevue), Rick Carroll (Meadowbrook), Paul Cresse (Kent), Shiloh Jolly (Kent), Challen Mills (Kent), Chris Rafael (Meadowbrook), Haruka Takano (Seattle). **1st DAN** Ian Cresse (Kent), Stephen Day (Kent), Janell Frazier-Day (Kent), Nathan Holtorf (Everett), Hide Iba (Bellevue), Niall James (Bellevue), Harvey Jewett (Spokane), Jeremy Roskowyk (Spokane), Bor-Duan Shieh (Seattle). **2nd DAN** Steve Guidi (Seattle), Kyoka Hinami (UW), Glenn Walker (Obukan).

SOME FACTS ABOUT RECENT SHINSA IN KYOTO showing Name Age (Prefecture)*

8th Dan May 1: Ohsawa 47 (Saitama), Nishimura 47 (Tokyo), Yamamura 48 (Mie), Hayashi 49 (Kobe), Ueno 51 (Saitama), Uesato 58 (Wakayama), Uegaki 60 (Ehime).

8th Dan May 2: Okochi 46 (Nagoya), Onda 46 (Tokyo), Yamamoto 48 (Shizuoka), Uchihama 49 (Kobe), Kondo 52 (Tokushima Shikoku), Imahama 53 (Tokyo), Miyoshi 54 (Hiroshima), Takatera 54 (Tokyo), Ogata 80 (Kumamoto).

*courtesy Matsunaga Masami Sensei

THE LAST WORD The purpose of this study was to determine whether a reduction in exercise efficiency occurs with aging, whether exercise efficiency differs in men versus women, and whether increases in exercise capacity from several months of supervised exercise training would be associated with improvements in exercise efficiency. After baseline testing, all subjects underwent a six-month supervised training program. The exercise program consisted of walking/jogging, bicycling, and stretching, each for 30 min, for a total of 90 min per session, three times per week. What was new and unexpected in our study was the disproportionately greater response to training in the elderly subjects (ages 65-79), with complete reversal of age-related decrements in oxygen debt, recovery, and exercise efficiency. After training, the elderly subjects showed a lower oxygen debt, lower recovery, and higher efficiency than the untrained young (ages 20-33). In general, the reversibility of these parameters with training suggests that a significant portion of the changes that are seen with aging may in fact be due to lower fitness levels in the sedentary elderly as compared to the sedentary young. With only moderate changes in cardiorespiratory fitness, the elderly appear to achieve greater relative gains in exercise efficiency and other exercise-responsive aerobic parameters compared to the young. -- J. Susie Woo, MD (UW Cardiology), et al., "The Influence of Age, Gender, and Training on Exercise Efficiency," *Journal of the American College of Cardiology*, 47, 1049-1057, February 8, 2006.

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Kenyu Online - <http://www.kendo-pnkf.org/news/kenyu.phtml>

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