

剣 Kenyu

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Volume 23, number 8/9
August/September 2009

PNKF DATEBOOK

1. Sep 11/12/13, Idaho Kendo Seminar and Shinsa, Fri/Sat/Sun, Boise, Idaho.
2. Sep 12/13, Eastside Aki Matsuri, Sat 10am-6pm, Sun 11am-5pm, Bellevue College, 3000 Landerholm Circle SE, Bellevue, WA 98007. Demonstrations in C-Building (Cafeteria): Musokai demo: Sat 10:30am. Bellevue Kendo Club demo: Sat 12:30pm. Yakumaru Nodachi Jigen-ryu (special Kobudo guests from Japan) demos: Sat 1pm and Sun 1pm Cascade Kendo Kai demo: Sun 4pm. There will also be koi, puppets, and arts such as Judo, Kyudo, and Sumo.
3. Sep 19, PNKF Board, Sat, 3-5pm, Renton.
4. Oct 3, PNKF Shinpan Seminar, Sat, 12noon-5pm, Kent.
5. Oct 10/11, PNKF Iaido Seminar and Taikai, Sat/Sun, with special teachers from Japan, Iaido Kyoshi 8th Dan Noguchi Hideo, Iaido Kyoshi 7th Dan Aoki Shigehiro, and Iaido 6th Dan Suzuki Kaoru. Rain City Fencing Center, 1776 136th Place NE, Bellevue.
6. Oct 17, Tacoma Taikai, Sat, 10am-4pm, Washington High School, 315 129th Street South, Tacoma. There will be individual and team brackets for those 18 and under (still in high school) and teams for adult kyu.
7. Nov 7, Kent Taikai, Sat, report time 9am, start 9:30am, Kent.
8. Nov 21, PNKF Taikai, Sat, 9:30am, Kent.
9. Nov 6, 2010, PNKF Taikai, Sat, 9:30am, Kent.
10. Nov 20, 2010, Kent Taikai, Sat, report time 9am, start 9:30am, Kent.

IDAHO KENDO SEMINAR AND SHINSA

Schedule: Fri, Sep 11, 6:30-8:30pm; Sat, Sep 12, 9am-4pm with breaks; 6-8pm, BBQ Party, Potluck at Stroud's house; Sun, Sep 13, 10am-12noon, Kata (behind the YMCA on the paved exercise area); 1-2pm, Kendo application of waza and drills; 2:30-3pm, Kendo shinsa (test for 1 kyu and below); 3-4pm, godo keiko. Seminar Cost: \$20 (Checks payable to Idaho Kendo Club); additional fees required for Shinsa. Location: West Boise YMCA, 5959 N. Discovery Way, Boise, Idaho 83713.

ALL EASTERN US KENDO FEDERATION KENDO TOURNAMENT - June 28, 2009

Women Kyu

- 1st place - Adriana Ariga, NYC
- 2nd place - Genevra Littlejohn, U Pitt
- 3rd place - Yuwen Chen, NYC
- 3rd place - Sharon Bennett, Ken Zen

Men Kyu Division

- 1st place - YoungSuk Byun, Garden State
- 2nd place - Rudy Ceccato, NYC
- 3rd place - Albert Yeung, Ken Zen
- 3rd place - Takeshi Shindo, Fort Lee

Women 1 Dan and Above

- 1st place - Becky Yee, Southampton
- 2nd place - Toshimi Yoshida, Boston
- 3rd place - Mami Kataoka, NYC
- 3rd place - Natsuki Hosotani, NYC

1-2 Dan

- 1st place - InHan Kang, IL Kum Kwan
- 2nd place - Phil Lee, Garden State
- 3rd place - Ryan Tatu, Shudo Kan
- 3rd place - Eric Gildea, U Pittsburgh

3 Dan and Above

- 1st place - Koji Takahashi, Ken Zen
- 2nd place - Tae Hoon Chung, IL Kum Kwan
- 3rd place - Kun-Kab Song, Ken Zen
- 3rd place - Kengo Suzuki, NYC

Team

- 1st place - New York City
- 2nd place - Ken Zen A
- 3rd place - Shidogakuin A
- 3rd place - Kenshinkai A

14th WORLD KENDO CHAMPIONSHIPS - August 28/29/30, São Paulo, Brazil

Men's Individuals

- 1st place - Shoji Teramoto, Japan
- 2nd place - Byung-Hoon Park, Korea
- 3rd place - K. Lee, Korea
- 3rd place - C. Choi, Korea
- Kantoshō - D. Yang and J. Brown, USA

Women's Individuals

- 1st place - Yukiko Takami, Japan
- 2nd place - Sachie Shojima, Japan
- 3rd place - E. Takashina, Brazil
- 3rd place - C. Shinzato, Japan
- Kantoshō - G. Lee, USA

Men's Team

- 1st place - Japan (K.Shodai, D.Kiwada, R.Ichimura, S.Takanabe, S.Teramoto)
- 2nd place - USA (M.Kawabata, S.Yoo, B.Harada, D.Yang, C.Yang)
- 3rd place - Brazil (E.Onaka, E.Kariya, Z.Tachibana, A.Takayama, K.Toida)
- 3rd place - Korea (CK.Choi, YC.Kim, WS.Kim, JY.Lo, KH.Lee)

Women's Team

- 1st place - Japan (Yamamoto, Sakamoto, Shimogawa, K.Kondo, Tsubota)
- 2nd place - Korea (AR.Lee, SY.Park, K.Jeon, YJ.Park, YY.Lee)
- 3rd place - USA (S.Mikuni, K.Kikunaga, M.Sakae, S.Tamura, M.Cabral, G.Lee, N.Sano, A.Kuwabara)
- 3rd place - Brazil (C.Toida, Honda, E.Ashiuchi, Miyazawa, E.Onaka, Kimura, M.Takeuchi)
- Kantoshō - Kimura, Brazil

SHINKYU SHINSA

PNKF KENDO SHINSA, August 1, 2009, Anchorage, Alaska

- 5TH KYU:** Yung Shu Wong (Alaska).
3RD KYU: Chevi Miller (Alaska).
2ND KYU: Adam Choi (Alaska), Yoshito Kanamori (Alaska).
1ST DAN: Joe DeSimone (Alaska).

PNKF IAIDO SHINSA, August 8, 2009, Kent

- 3RD KYU:** Truman Lee (UW).
1ST KYU: Kathy Liao (Sno-King).

PNKF KENDO SHINSA, August 8, 2009, Kent

- 6TH KYU:** Drake Imanishi (Seattle), Alex Kanemasu (Kent), Joshua Kim (Bellevue), Majestik Remmu (Kent).
5TH KYU: Austin Fujita (Kent), Jin Kang (Cascade), Erica Kim (Northwest), Nichelle Kim (Northwest), Sunghi Kim (Northwest), Issei Kono (Seattle), Sarah Lee (Cascade), Yuriko Phancenek (Northwest), Alisa Yoshikawa (Tacoma).
4TH KYU: Tony Han (UW), JiChan Kim (Bellevue), Truman Lee (UW), Jenny Park (Everett), Danielle Tran (Highline), Sam Wilkins (Everett), Laiza Williamson (Seattle), Daniel Yang (Bellevue).
3RD KYU: Mark Bedell (Spokane), Daniel Coombs (Obukan), Patrick Dunlap (Everett), Joshua Erberich (Puyallup), Tyler Ernst (Bellevue), Nathan Jang (UW), Ellen Kaczmarek (Spokane), Jane Kang (Northwest), David H. Kim (Bellevue), David J. Kim (Bellevue), Jorren Mills (Kent), Marek Nelson (Spokane), Yang-Li Ou (Northwest), Nick Peterson (Obukan), Jean Pond (Spokane), Tosh Samkange (Bellevue), Yumiko Shinoda (Bellevue), Andy Sinclair (Spokane), Jason Timpe (Sno-King), Niko Tokuno (Bellevue), Matthew Wolf (Spokane).
2ND KYU: Sharon Blomquist (Bellevue), Matthew Gaylord (Seattle), Brandon Goh (Seattle), Nathaniel Iwata (Seattle), Jeff Lamb (Spokane), Edward Liou (Bellevue), James O'Donnell (Bellevue), Finn Pond (Spokane), Ted Tagami (Seattle), Damon Tsai (UW).
1ST KYU: Tim Bishop (Cascade), Yury Bogucharov (Bellevue), Jordan Duplain (Spokane), Mark Frederick (Northwest), Daniel Jackson (Puyallup), Chris Kim (Bellevue), Justin Lamb (Spokane), Heon Park (Seattle), Dan Sinclair (Spokane), Frank Wessbecher (UW), Sandy Wong (Highline).
1ST DAN: Ariel Goh (Seattle), Tadamasu Iba (Sno-King), Kathy Liao (Sno-King), Philbert Lin (Bellevue), Conor Marsten (Kent), Nikolais Mikelsons (Kent), June Noh (Northwest), Lei Yu (Northwest).
2ND DAN: Steve Burgess (Bellevue), Weiju Chen (Northwest), Jooyul Benedict Chung (Bellevue), Khoi Duong (Kent), Ken Eguro (Highline), Noelle Grimes (Sno-King), Nate Jacobson (Sno-King), Shiloh Jolly (Kent), Donglok Kim (Bellevue), Young Kim (Northwest), William Kuster (Spokane), Challen Mills (Kent), Brad Nelson (Bellevue), Greg Phancenek (Seattle), Michael Rigler (Sno-King), Haruka Takano (Seattle).
3RD DAN: Steve Guidi (Seattle), Sungmin Ro (Gulf Coast), Brendan Vanous (Bellevue).

THE LAST WORD

Sonkyo, Kiryoko, and Shin-ki-ryoku-itchi. *Sonkyo* is the crouching position done by Kendo practitioners as a sign of respect before engaging in practice or a match. The posture is hardly seen outside of Budo anymore, but is said to have been a form of etiquette used to show deference to people of high status. The idea of "respect" is still an important aspect, but it also signifies that the fight is about to commence, and must be replete with "fighting spirit."

There is an old teaching comparing *sonkyo* to a crouching lion ready to spring into action and catch his prey. When assuming *sonkyo* before a Kendo match it is important to have replete energy, and be primed to explode into action. The legendary Mochida Moriiji Sensei (Hanshi 10-dan) remarked, "The result of any match or training bout is decided by how replete your *ki* is when in *sonkyo*. The quality and success of the first strike is decided by *sonkyo*." In other words, *sonkyo* is connected with *shin-ki-ryoku-itchi* in the match. According to the AJKF's *Japanese-English Dictionary of Kendo*: "*Shin* refers to the mind or the calm part of one's mental functions, and it is the ability to intuitively sense the opponent's condition and movements and to make judgments. *Ki* appears as an outward action based upon the judgment of the mind (*shin*) and is the dynamic part of one's mental function. *Ryoku* refers to the action of the body or of a *waza*. *Shin-ki-ryoku-itchi* is the teaching that when one intuitively perceives a stimulus from the opponent, all three of these elements must be expressed in the form of a *waza*." (p. 89)

The feeling one has in *sonkyo*, therefore, unites all of the elements required to make valid attacks in Kendo. Takano Sasaburo wrote the following in his classic book *Kendo*: "*Shin-ki-ryoku-itchi* is the action (*ki*) instigated by the mind (*shin*) instantaneously after seeing, hearing, and making a judgment. Then, the mind's judgment manifests in a responsive technique... When the three elements are in unison, you can strike successfully as soon as the opportunity presents itself..."

To summarize the main points of *shin-ki-ryoku-itchi*, '*shin*' refers to the still aspects of mental activity, and includes perception, discretion, and judgment. *Ki* refers to the mind's movement, and the execution of volition in response to the initial judgment. *Ryoku* is the invocation of techniques (*waza*) based on the previous two phases."

"Perception-discretion-judgment" -> "Execution of volition" -> "Invocation of *waza*"

This continuous process ultimately leads to the successful implementation of a valid strike. Takano Sensei observed that when fighting an opponent, rather than thinking too much about stratagems to win, reacting to any movements with *shin-ki-ryoku-itchi* is the only way to victory. It is like wind blowing on water and creating a wave. --Ota Minoru, "Kamae," *Kendo World* 4.4, p.22-23.

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

Tom Bolling, Editor - 7318 23rd Avenue N.E., Seattle, WA 98115