

# 剣 Kenyu

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## DATEBOOK

1. The next WSKF Practice is Tuesday, October 17, 7:00 to 9:00 p.m. at Tacoma.
2. There is a WSKF Shinpan Seminar Friday, October 20, 7:00 p.m. at Northwest. All WSKF members are urged to attend and go over the rules for conducting shiai.
3. The Georgia Kendo Alliance 2nd Annual Southeastern US Kendo Tournament is October 28 and 29, in Peachtree City, Georgia. If you are interested in competing please call Jeffrey Marsten (246-2239). A lot of WSKF members, including Murosako Sensei, are already planning to go.
4. The WSKF Taikai is Saturday, November 4, 10:00 a.m. at Evergreen High School, 830 S.W. 116th Street. Setup is Friday, November 3, 6:00 p.m. All WSKF members are expected to help with the setup as well as the actual Taikai, so plan now to be there.
5. Shinkyu Shinsa is Sunday, November 5, 9:00 a.m. at Highline, 1321 S.W. 102nd. People who are not going up for rank this year are urged to attend and learn from the examination process.
6. The next WSKF Board meeting is Sunday, November 5, right after the Shinkyu Shinsa at Highline.

## WSKF OFFICERS FOR 1989/1990

At the October 8 Board of Directors meeting new officers were elected for the upcoming year. They are: President - Jeffrey Marsten; Vice President - Manabu Yabe; Treasurer - David S. Yotsuuye; Secretary of Internal Affairs - Dick Anderson; and Recording Secretary - Tom Bolling. Congratulations to these people, and thanks for all the hard work they do for everybody in the Federation!

## BOARD ELECTIONS FOR 1989/1990

This year the number of nominees did not exceed the number of available positions on the WSKF Board of Directors, so all nominees automatically became Board members as of October 1. The Board members are: Dick Anderson, Tom Bolling, George Bucholtz, Joe Cuendet, Doug Imanishi, Shinichi Koike, Curtis Marsten, Jeffrey Marsten, Vicki Marsten, Ron Risher, Robert Stroud, Manabu Yabe and David S. Yotsuuye. Pat Y. Murosako and Kiyoshi Yasui permanently serve on the Board as Advisors.

## WSKF PRACTICE SHIAIGEIKO STANDINGS (as of September 15, 1989)

Mudansha: McCarry - 53; Davis - 41; Mayhew - 22; DeJong - 20; Willy - 14; Smith - 13; Bae - 10; T. Imanishi - 10; Risher - 9; Antush - 9; Nakano - 8; Warner - 8; Daly - 6; St. John - 6; Tobey - 6; Ting - 6; Kurima - 5; Radke - 5; Okamoto - 3; Herrington - 3; Abe - 2; Kawase - 2; Ozaki - 2; Yang - 2; Saito - 2; Messina - 2.

(more over)

Monthly Newsletter of the WSKF - Tom Bolling, Editor  
7318 23rd Avenue NE, Seattle, WA 98115

Washington State  Kendo Federation

WSKF PRACTICE SHIAIGEIKO STANDINGS (as of September 15, 1989), continued.

Yudansha: C. Marsten - 34; Yabe - 29; Sugawara - 24; Anderson - 24; Yotsuuye - 17;  
D. Imanishi - 17; Bolling - 16; Chin - 16; Namizato - 16; V. Marsten - 14;  
Elliott - 14; J. Marsten - 12; Okuda - 12; Fleischman - 12; Bucholtz - 11;  
Shoji - 8; Kozawa - 6; Konno - 5; Kurosu - 4; Stroud - 4; Uchibara - 4;  
Oehlman - 3; Lu - 2; Nakayama - 2.

THE LAST WORD

"Breathing in is taking in supplies; breathing out, slowly and deeply, spreads them through the body. It is important to concentrate on breathing out, on spreading and distributing, because breathing in, stocking up energy, happens unconsciously and automatically. The Japanese martial arts use this way of breathing, and any attack must take place while breathing out (yang), if possible while the adversary is breathing in (yin), because he is then at his most vulnerable. --Deshimaru Taizen, The Zen Way to the Martial Arts.