

剣 Kenyu

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友 DATEBOOK

1. The next BCKF/WSKF Joint Practice is Sunday, July 22, 1:00 to 4:00 p.m., at Steveston.
2. The next WSKF Board meeting is Sunday, August 5, 6:00 p.m. at Imperial Lanes.
3. The next WSKF Practice is Monday, August 13, 7:00 p.m. at Highline.
4. Haga Tadatoshi, kendo and iaido hanshi hachidan, will arrive on August 17 for a series of special practices beginning that evening at Northwest, 7:00 p.m. He will be here several days and visit various dojo.

WSKF TEAM 1990 PRACTICE SCHEDULE

Team '90 Practices continue every Saturday, 9:00 a.m. at Highline, through August 25.

WSKF PRACTICE SHIAIGEIKO STANDINGS (as of July 8, 1990)

Mudansha: Mayhew - 35; Easley - 20; T. Anderson - 18; Kilgore - 16; DeJong - 11; Tobey - 8; Radke - 8; Ramos - 8; Antush - 7; Swenson - 6; Kenny - 6; O'Donnell - 6; Risher - 5; Smith - 4; Ting - 4; Straight - 4; G. Bucholtz - 4; S. Bucholtz - 4; Yamaguchi - 3; Yang - 3; Berkson - 3; Warner - 3; Herrington - 3; Arsenault - 2; St. John - 2; Novotny - 2; Nakano - 2; Huntoon - 2; Naganawa - 2.

Yudansha: C. Marsten - 28; Yabe - 27; Davis - 27; D. Anderson - 26; J. Marsten - 22; D. Imanishi - 22; Elliott - 22; V. Marsten - 22; McCarry - 22; Bucholtz - 20; Bolling - 18; Namizato - 15; Fleischman - 14; Kozawa - 10; Konno - 8; Stroud - 7; Lu - 6; Oehlman - 6; Hakuraku - 5; Caldwell - 3; Ikuta - 3; Okamoto - 3.

SEATTLE KENDO KAI NEWS

Seattle has added a new Thursday evening practice, 6:00 to 7:00 p.m., at Saint Peter's.

FEDERATION PRACTICE GUIDELINES

1. Host club will provide the drill leader.
 - A. Get the shiai court laid out ahead of time before practice.
 - B. Get everyone sat down and ready to start.
 - C. Designate the shimpan for the first matches.
2. Warm up will consist of the following:
 - A. Stretching.
 - B. Suburi.
 - C. Five sets of rotating kirikaeshi.
3. Shiai.
4. Mudansha-Yudansha rotating keiko - 3 minutes. Lower yudansha will fill in on whichever side they are needed to make up the pairs. Lower side only rotates - to their right.
5. Split keiko - 3 minutes. Everyone rotates below the rank of 6th Dan.

Monthly Newsletter of the WSKF - Tom Bolling, Editor
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Washington State  Kendo Federation

FEDERATION PRACTICE SHIAI RULES

1. Participants are to be seeded by number of points and then by rank and age.
2. Two points will be awarded automatically for attendance.
3. In case of hikiwake both contestants are eliminated.
4. Anyone missing their seed by being late will be disqualified from that month's contest. No practice matches are allowed.
5. The person in the top position may fight back down the ladder until they have received enough points to win for that day or they are eliminated by a loss or tie.

EXAMPLE: If a contestant in the earlier matches has scored 3 points, the top person has the potential to score 4 or 5 points. If he won 2 matches and was tied with the earlier person with 3 points, he can fight a third match and score a possible of 5 points total. If after the 2 matches his point total was 4, that would finish the matches for the day.

THE LAST WORD

"Fencing is a vigorous sport which requires and develops stamina, quick reactions, speed and accuracy of movement, and excellent coordination.

"Fencing is also a mental game. Once a fencer has practiced the various movements until he is physically able to carry out a plan without having to think about how the various parts of the body must move, he finds that the real excitement lies in outthinking and outwitting his opponent. You must quickly analyse your adversary's style and then plan your strategy accordingly. You must set traps for your opponent while being careful to avoid those set by him.

"In addition to a keen, analytical mind, fencing requires decisive thinking and the courage to assume the offensive at any instant that an opportunity arises. If a fencer delays in building up the courage to move, the exact moment will be lost. By being prepared to move at any time, by forcefully dominating your opponent, and by successfully carrying out your plans, self-confidence is increased.

"Good sportsmanship is an integral part of fencing tradition. Fencing was for many years considered a sport for gentlemen only, and participants were expected to conduct themselves accordingly. Much of this 'flavor' still exists. For instance, etiquette requires that a fencer must acknowledge all touches against himself in practice, and that any doubtful touches must be refused by the one who attempted to score."

--Muriel Bower and Torao Mori, Fencing.