

# 剣 Kenyu

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FIFTH ANNIVERSARY ISSUE

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DATEBOOK

1. The next PNKF Practice is Wednesday, May 15, 7:00 p.m. at Cascade, Mercer View Community Center, 8236 S.E. 24th Street, Mercer Island. Directions from Seattle: I-90 to Mercer Island, take Exit #7 (77th Ave S.E.), turn left to stop sign, turn right onto N. Mercer Way, turn left at 81st Ave S.E., turn right onto S.E. 24th Street...the dojo will be on your left. Directions from Bellevue: I-90 to Mercer Island, take the Island Crest Exit, go through stop sign, turn right at 81st Ave S.E., turn right again onto S.E. 24th Street... the dojo will be on your left.
2. The PNKF Junior Taikai is Sunday, May 19, 12:00 noon at Bellevue, Highland Community Center, 14224 Bel-Red Road, in Bellevue.
3. The BCKF/PNKF Joint Practice has been postponed until later in the summer.
4. The June PNKF Practice is Saturday, June 8, at Obukan. A letter giving the exact time and place will be sent to each dojo.
5. The June PNKF Board meeting is Saturday, June 8, following the practice at Obukan.
6. The Seattle Kendo Kai Summer Camp is the weekend of June 14, 15, and 16, at Camp Coleman. Call Doug Imanishi (623-6154) for details, and plan now to attend this exciting weekend of kendo and family fun.
7. The 6th Leeward Oahu Kendo Tournament is Sunday, June 16, 8:30 a.m. at Mililani District Park Gym in Hawaii.
8. The 8th World Kendo Championships are June 26 through July 1 in Toronto.
9. Nakakura Kiyoshi, Hanshi Kyudan, and the top sensei in Japan, will visit Seattle July 2 and 3. A personal friend of Curtis Marsten, Nakakura Sensei will stay in the Marsten home, accompanied by his wife and a student. An open keiko will be held. Plan now to practice with the world's preeminent kendoist.
10. There will be a Shinpan Seminar in July, and a Kata Seminar in August.

## 16TH ANNUAL UW INVITATIONAL KENDO TOURNAMENT - APRIL 27, 1991

The Kendo Club at the University of Washington wishes to thank all the PNKF members and friends who helped with scorekeeping, timing, and the countless other details which made this Taikai successful.

### Women's Eliminations

1st place - A. Arsenault, Highline  
2nd place - V. Marsten, Highline

### 1st and 2nd Dan Eliminations

1st place - S. Hamamatsu, Highline  
2nd place - N. Ikuta, Northwest

### Team Eliminations

1st place - Northwest A  
2nd place - Highline A

### Non-Degree Eliminations

1st place - D. Mayhew, Highline  
2nd place - K. Naganawa, Seattle  
3rd place - D. DeJong, Highline  
4th place - S. Blechschmidt, Seattle

### 3rd Dan and Above Eliminations

1st place - M. Yabe, Seattle  
2nd place - Y. Saito, Northwest

Shoji Inspirational - T. Bolling

## PNKF PRACTICE SHIAIGEIKO STANDINGS (as of April 14, 1991)

Mudansha: DeJong - 18; Arsenault - 16; Nelson - 14; Blechschmidt - 13; Mayhew - 12; T. Anderson - 12; Naumer - 8; Naganawa - 7; M. Smith - 6; Rouch - 5; Scott - 5; Uesonoda - 4; Okayasu - 4; Steppic - 4; Monji - 4; S. Bucholtz - 4; Warner - 4; Nadam - 3; Menath - 3; Hindman - 3; G. Haasch - 2; Nakano - 2; Yamaguchi - 2; Gilmore - 2; Lewis - 2; S. Smith - 2.

Yudansha: Konno - 16; C. Marsten - 14; D. Anderson - 14; McCarry - 13; Yotsuuye - 12; Bolling - 12; J. Marsten 11; V. Marsten - 11; Yoshida - 8; Elliott - 8; Hamamatsu - 8; Lu - 6; Bucholtz - 6; Yamaguchi - 6; Yabe - 5; Hatano - 5; Ogushi - 4; Chin - 4; Ikuta - 4; D. Imanishi - 4; Stroud - 4; Kozawa - 3; Namizato - 2; Oehlman - 2; Fleischman - 2; Seymour - 2.

## BELLEVUE KENDO CLUB

At their April 14 meeting the PNKF Board welcomed the formal application of the Bellevue Kendo Club. This dojo is located at Highland Community Center, 14224 Bel-Red Road, Bellevue. Head Sensei is Jeffrey Marsten. Practices are Fridays 7:00 to 9:00 p.m. The Administrative Committee of the Club consists of Gerald Bentler, Chair, Steve Beppu, and Brad Nelson.

All the Bellevue kenshi are already full members of the Federation through the Highline dojo, but we are delighted at their exciting new identity as a Club!

Congratulations, Bellevue!

## PNKF 1991 INVITATIONAL TOURNAMENT

The Tournament will be coming up in the fall, and applications are already in for the facilities. What is needed now is for someone to step forward to be the Chair of this event. If you are interested, please call Jeffrey Marsten (246-2239).

## THE LAST WORD

The key to breaking a habit is the same as for all natural learning: increase your awareness. In the darkness of unconsciousness habits persist -- especially if we have prejudged them as bad, and blocked them so effectively that we don't even realize we have them. Hence, the first step in breaking a habit is to bring it into the light of your awareness. The second step is to do whatever you can to sharpen your focus on the specific characteristics of the habit. Only then does the necessary control emerge to change the pattern. --Tim Gallwey and Bob Kriegel, Inner Skiing.