

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.
 The visit of Nakakura Kiyoshi, Hanshi Kyudan, is on schedule for

Tuesday and Wednesday, July 2 and 3. Practices are being organized for both evenings at Highline, from 7:00 to 8:30 p.m. On Tuesday following the practice there will be a dinner with Sensei at Ivar's Salmon House, which will require prepayment of \$19.64 for prime rib or \$18.41 for salmon, tips included. To organize this there will be a representative in each dojo who will contact you. Or, you can call Jeffrey Marsten (246-2239) to get your name in for the dinner. On Wednesday July 3 after the practice there will be a party for him at the home of Curtis and Vicki Marsten, 20825 6th Avenue S., DesMoines. Curtis would also like to have a headcount for his party, so please let him know (878-1880) if you plan to attend. Nakakura Sensei will be accompanied in his visit by his wife Masa, and his deshi Banzai Norishige, Kyoshi Nanadan. Practice and fellowship with this legendary sensei is the chance of a lifetime, so plan now to attend both evenings.

The 8th World Kendo Championships are June 26 through July 1 in Toronto.
 The next PNKF Board meeting is Sunday. July 14, 6:00 p.m. at Imperial Lanes.

5. The Shinpan Seminar is tentatively set for Friday, July 19, 7:00 p.m. at Bellevue.

6. The Highline Annual Summer Camp will be the end of July. Bellevue and UW people are already planning to participate, and anyone else would be welcome to attend. Emphasis will be on shiai. Call Jeffrey Marsten (246-2239) for details.

FIRST ANNUAL OBUKAN-BELLEVUE-HIGHLINE JUNIOR INVITATIONAL KENDO TAIKAI - MAY 19, 1991

Red and White Eliminations
lst place - M. Scott, Highline
2nd place - K. Arima, Obukan
3rd place - J. Imatani, Obukan
4th place - S. Howard, Obukan

Division I Eliminations
1st place - J. Crawford, Obukan
2nd place - K. Arima, Obukan
3rd place - K. Uehira, Highline
4th place - S. Bailey, Obukan
Fighting Spirit - J. Imatani, Obukan

Team Eliminations
lst place - Obukan A
2nd place - Obukan B
3rd place - Bellevue A
4th place - Highline

Division II Eliminations
lst place - I. Novotny, Obukan
2nd place - R. Anno, Bellevue
3rd place - R. Arima, Obukan
4th place - E. Endo, Obukan
Fighting Spirit - M. Scott, Highline

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PNKF PRACTICE ATTENDANCE AWARD FOR MAY - CASCADE

We've instituted a new custom...an award for the dojo having the highest percentage of its members present at the monthly PNKF Practice. The winning dojo gets to keep our beautiful old WSKF banner for that manth, and can attach a club ribbon each time to show how many times they win it. Cascade Kendo-Kai has the distinction of being the first-ever PNKF dojo to win, with 45% of their members present for the May 15 Practice, which was also their first time ever to host the PNKF Practice. Congratulations, Cascade!

PNKF PRACTICE SHIAIGEIKO STANDINGS (as of May 15, 1991)

Mudansha: DeJong - 25; Arsenault - 20; Mayhew - 19; Nelson - 16; Chan - 15; Blechschmidt - 13; T. Anderson - 12; Naumer - 10; Naganawa - 9; S. Bucholtz - 7; M. Smith - 6; Okayasu - 6; Rouch - 5; Scott - 5; Nadam - 5; Warner - 4; Uesonoda - 4; Steppic - 4; Monji - 4; Gilmore - 4; Beppu - 3; Menath - 3; Hindman - 3; G. Haasch - 2; Nakano - 2; Yamaguchi - 2; Lewis - 2; Gosthnian - 2; Oiye - 2; S. Smith - 2.

Yudansha: J. Marsten - 18; C. Marsten - 17; Konno - 16; McCarry - 16; Yotsuuye - 15; Bolling - 15; D. Anderson - 14; V. Marsten - 11; Lu - 10; Yoshida - 8; D. Imanishi - 8; Bucholtz - 8; Elliott - 8; Yamaguchi - 8; Hamamatsu - 6; Yabe - 5; Hatano - 5; Ogushi - 4; Stroud - 4; Chin - 4; Ikuta - 4; Kozawa - 3; Fleischman - 2; Namizato - 2; Oehlman - 2; Seymour - 2.

THE LAST WORD

The life of ikkyo ("first instant" or "first technique") varies in a thousand ways according to your opponent. It is, therefore, important to learn the principle of the technique, and to be aware that merely imitating a version of it is useless. It is the essence of aikido to unify your techniques with the the activities of your own life. No technique is genuine as long as you cling to one style of the technique. Style is one method of training. Therefore, the life of the technique does not exist in the form itself. In other words, the world of martial arts is too strict for imitations to be accepted. Keep in mind that the founder taught that while the principle of the way is eternal, no technique is fixed. --Saotome Mitsugi, Aiki News, number 87.