

# 剣 Kenyu 友

Volume 11, number 3  
March 1997

## DATEBOOK

1. Mar 23 - 30, 10WKC, Kyoto.
2. Apr 5, Sat, Renton Taikai, 10:00 a.m., with PNKF Board meeting following.
3. Apr 19, Sat, Seattle FunPlex Day, 2:00 p.m.
4. Apr 25, 26, 27, Cherry Blossom Festival.
5. Apr 26, Sat, UW Taikai.
6. May 4, Sun, Bellevue Youth Taikai, 11:00 a.m., PNKF Board meeting following.
7. Jun 21, Sat, PNKF Iaido Taikai, PNKF Board meeting following.
8. Jul 12-15, AUSKF Iaido Seminar, Colorado Springs.  
Jul 17-20, AUSKF Kendo Seminar, Colorado Springs.
9. Jul 20, Sun, PNKF Board meeting.
10. Aug 9, Sat, PNKF Kendo Shinsa, 2nd Kyu and below.
11. Aug 10, Sun, PNKF Iaido Seminar.
12. End of August, Takada Machi visit to Seattle.
13. Sep 20, Sat, PNKF Board meeting.
14. Oct 11, Sat, PNKF Board meeting.
15. Nov 8, Sat, PNKF Taikai.

## FROM THE AUSKF BOARD

At last, the long awaited announcement on the AUSKF summer seminar:

IAIDO: July 12, 13, 14 and 15, 1997

KENDO: July 17, 18, 19 and 20, 1997

Instruction will be provided by the All Japan Kendo Federation. Instructors will be named when the ZNKR identifies the individuals. AUSKF will start our negotiation during the 10WKC in Kyoto.

It is proposed to offer Iaido Shinsa for 1st Dan through 5th Dan, and Kendo Shinsa for 1st Dan through 7th Dan.

Iaido is limited to 75 participants and Kendo is limited to 150 participants. The cost for each Seminar will be \$250 per person, which includes room/board/instruction. For those attending both Seminars it will be \$500, and attendees may stay in the residence hall over the July 16 break. Airfare to and from the site will be the responsibility of the individual attendees.

Iaido will be open to all levels of experience, final class allotment may be based on experience level. Kendo will be in three groups, tentatively 0 to 2 Kyu, 1 Kyu to 2 Dan, and 3 Dan and up. Final group selection may be revised based on sign-up. Place: Colorado Springs, CO. REGISTRATION: Send your name, rank and check (payable to AUSKF) to Dr. Ken Lorimer, 13329 Aldrin Avenue, Poway, CA 92064. Registration will close on May 24, 1997, and will be on a first-come, first-served basis. Places are expected to fill up quickly, so get your name and money in as soon as possible.

## SEATTLE FUNPLEX DAY, Saturday, April 19, 2:00 p.m.

The Bellevue/Highline Kendo Clubs invite all PNKF Kenshi and families to enjoy an afternoon with them at the Seattle FunPlex. It's located at 1541 15th Avenue West, at the base of the Magnolia Bridge, and there will be Miniature Golf, Laser Tag, Bumper Cars, Batting Cages,

Jungle Bouncer, and more! Costs will depend on how many people sign up, but range from \$6.95 and \$12.95 for children 12 and under, and \$7.95 and \$13.95 for adults, with an additional discount of 10% to 20% which will be taken off depending on how many people R.S.V.P. We need a head count in order to make reservations and qualify for a group discount!! Please call either Xena Kinkade 637-0362 or Chizuru Nojiri 644-7796.

#### 21st ANNIVERSARY HIGHLINE KENDO KAI MUDANSHA CUP, March 15, 1997

1st place - M. Gapasin, Renton  
3rd place - V. Matsunaga, Renton

2nd place - N. Sunderland, UW  
3rd place - J. Shin, UW

4th place - S. Huntoon, Bellevue  
4th place - B. Koepke, Highline

4th place - S. Tateyama, Northwest  
4th place - G. Ham, UW

#### Best Sixteen

X. Kinkade, Bellevue  
L. Canares, UW  
D. Chang, UW  
E. Sodano, Highline

G. Chan, Renton  
S. Blechschmidt, Bellevue  
S. Maxon, Meadowbrook  
I. Larson, Highline

Team - UW, with 101 points

#### OMORI RYU IAIDO

Ever wondered why Iaido is practiced from Seiza? Or why Kenshi should study Iai at all? Kim Taylor has answered these and many other questions about Iaido in his extremely helpful, informative and INSPIRING new article, "The Omori Ryu: A History and Explanation" in the latest issue of JOURNAL OF ASIAN MARTIAL ARTS, volume 6, number 1, 1997, available now on newsstands everywhere.

#### KENDO, IAIDO, AND JODO VIDEOS, AND AUSKF PATCHES, STILL AVAILABLE

The four superb and indispensable official English language videotapes of the All Japan Kendo Federation basic Kendo training, Kendo Kata, Iaido, and Jodo are now available again. The tapes cost only \$11 for the Kendo basics one, and \$8 each for Kata, Iai and Jo, or \$35 for a set of all four, plus \$4 shipping. Send check payable to Highline Kendo Club to Jeffrey Marsten, 616 S.W. 135th Street, Seattle, WA 98146.

The full color cloth embroidery AUSKF patches are also still available through Jeffrey Marsten, at \$10.00 each. Proceeds from videos and patches go to support the AUSKF.

#### THE LAST WORD

The formal sitting position itself is useful. The scabbard must be properly controlled in the belt or the tip will hit the floor. The student's back can easily be kept straight since only the hip joint is involved in letting it bend. The draw and cut (nuki tsuke) is simplified with only one possible orientation of the hips. Spiritually, the student begins and finishes in the most humble position possible, one that is close to the floor. The position is vulnerable to attack and therefore cannot be aggressive as the raised knee or standing techniques. Moving up to a standing position from seiza requires great leg strength, giving the student a good root into the ground. Sitting solidly in seiza allows the student to know what that root should feel like while standing. --Kim Taylor, "The Omori Ryu: A History and Explanation," JOURNAL OF ASIAN MARTIAL ARTS.

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KENYU ONLINE - <http://weber.u.washington.edu/~kendo/kenyu.html>

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