

剣 Kenyu

Volume 14, number 6/7
June/July 2000

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DATEBOOK

1. Jul 16, PNKF Board meeting - cancelled.
2. Jul 28-Aug 4, AJKF Summer Camp, Kitamoto.
3. Aug 11-13, Obukan Summer Kendo Camp 2000, Fri, Sat, Sun, Portland.
4. Aug 20, PNKF Iaido Seminar 9am-11am, Iaido Shinsa 11am-12noon, and Kendo Shinsa 12-2pm, Sun, Tyee Community Center, 13630 S.E. Allen Road, Factoria.
5. Sep 17, PNKF Board meeting, Sun, 1pm, St. Peter's.
6. Oct 15, PNKF Board meeting, Sun, 1pm, St. Peter's.
7. Nov 11, PNKF Taikai, Sat, 9:30am, Renton.
8. Dec 9, Renton Taikai, Sat, 10am, Renton.

FROM THE PNKF PRESIDENT.

Good luck to all the PNKF participants for 2002! --Dick Anderson.

PNKF TEAM COACH 2002.

At the June 4, 2000 meeting, the PNKF Board has elected Jeffrey Marsten, Kendo Renshi 6th Dan, to be the Coach for PNKF's Team 2002. Marsten Sensei will prepare the Men, Women, and Youth Teams to compete in the All-US Championships.

OBUKAN SUMMER KENDO CAMP 2000 - Portland, Oregon - August 11-13

Obukan will be hosting approximately 15 visiting kenshi from Tokyo and Hiroshima Japan. Onuma-sensei, Kyoshi 7th Dan, of the Nakano-Ku Kendo Federation (Tokyo area), and Tsuchida, Kichibee Sensei, Kyoshi 7th Dan, from Hiroshima City will be present. Greenburg Plaza Jazzercise Fitness Center, 10855 SW Cascade, Tigard, OR. Fri, 7-9pm. Sat, 11am-12pm, Kendo Kata; 1-3pm, Kendo Kihon; 4-5pm, goodwill free keiko. Sun, 11am-12noon, Iaido; 1-2pm, Kendo Kihon; 3-4pm, goodwill free keiko. All interested students of Kendo, regardless of level, will be very welcome. Fees: \$25 per participant, payable by August 1, 2000. Homestays and hotel assistance available. For more information, please contact Robert Stroud, CELL: 1-503-757-5395.

BRITISH COLUMBIA KENDO FEDERATION JUNIOR CHAMPIONSHIPS - June 4, 2000, Steveston

Beginners Eliminations

- 1st place - C. Morimoto, Steveston
- 2nd place - N. Chang, Steveston
- 3rd place - T. Kikuchi, Steveston
- 3rd place - K. Turner, Steveston

10 Years and Under Eliminations

- 1st place - A. Tajiri, Renbu
- 2nd place - R. Aramaki, Sunrise
- 3rd place - L. Murao, Steveston
- 3rd place - N. Marumo, Sunrise

11-13 Years Eliminations

- 1st place - S. Marumo, Sunrise
- 2nd place - R. Nakata, Renbu
- 3rd place - Q. Morimoto, Steveston
- 3rd place - B. Imanishi, Cascade

14-15 Years Eliminations

- 1st place - J. Marsten, Highline
- 2nd place - M. Tajiri, Renbu
- 3rd place - H. Merley, Highline

Junior Team

- 1st place - Cascade
- 2nd place - Renbu

Red and White

- 1st place - B. Imanishi, Cascade
- 2nd place - R. Marumo, Sunrise
- 3rd place - J. Marsten, Highline

Fighting Spirit - E. Lachica, Cascade and G. Mizutani, Renbu.

AUSKF IAIDO 2000 SUMMER CAMP & U.S. NATIONAL CHAMPIONSHIPS - July 3, 2000, New York

Mudansha

1st - Akiyo Takamisawa	Shidogakuin	NYC
2nd - Terry Fukui	Ken-Zen	NYC
3rd - Frank Nieves	Shidogakuin	Miami
3rd - Karl Peterson	Mutokai	St Paul

1-2 Dan (Inoue Cup)

1st - Mike Ugarte	Ken-Zen	NYC
2nd - Peter Kilpe	Shidogakuin	DC
3rd - David Cooper	Dallas/Fort Worth Kendo & Iaido Kyokai	
3rd - Koji Sato	Choyokan	Chicago

Outstanding Player

Diane Mirro River City Iaido Kyokai San Antonio

3rd Dan and Above (Nakanishi Cup)

1st - Pam Parker	Ken-Zen	NYC
2nd - Nancy James	Ken-Zen	NYC
3rd - Judith Mack	Obukan	Portland
3rd - Jim Sylvia	NCKF	Oakland

Outstanding Player

Debi Farmer Shidogakuin NYC

THE FANTASTICKS - July 28-August 20, in the Seattle Japanese Garden at the Arboretum, Washington Park, 2300 E. Arboretum Drive. Northwest Asian American Theatre presents a romantic musical set in the Meiji Period, and featuring some exciting swordfencing, suitable for the whole family! Celebrate the 40th anniversary of both The Fantasticks and the Japanese Garden in this unique cultural performance directed by Manuel R. Cawaling. Reservations: (206) 340-1049.

THE LAST WORD

Kamae of the Feet

The Importance of the Position of Your Left Foot. *Both feet should point forward in a straight line, with a gap of about 10 cm between them. *The right foot should be forward, and the front of the left foot should be roughly level with the right heel. *The left heel should be raised very slightly, so that the weight of the body falls evenly on both. *Knees should neither be too tense, nor too relaxed. *Both knees should always have a moderate amount of slack in the joints to facilitate movement at all times.

You should always take off from your left foot. Your left foot, therefore, should always be in the correct position to strike from a distance, take advantage of your partner's suki, and take off at precisely the right moment. Make sure that the gap between your feet is not too wide or your posture will collapse when you strike. And if your left foot faces outward, there is usually a corresponding loosening of guard.

It pays to keep an eye on the position of your left foot in Kendo.

Keep Your Left Knee Straight. If your left knee bends, it is because you have been overcome by your partner and succumbed to defeat. It is important to stand firm and, as a matter of form, not allow your left knee to bend. This does not mean that you should brace your leg, but rather that you should not succumb, not be timid. A strong-looking opponent, a very tall partner, or someone wearing splendid kendogu can appear threatening even before a match has started. In the beginning the two Kendo players stand equal before one another, but as time progresses one becomes stronger and the other weaker. This is because the more powerful is winning through ki. Through the power of that ki, the weaker becomes timid and his left knee bends. It is important not to lose the battle between ki and ki, since the purpose of keiko may be said to be to "cultivate ki."

--Hiroshi Ozawa, **KENDO: THE DEFINITIVE GUIDE.**

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KENYU ONLINE - <http://faculty.washington.edu/kendo/kenyu.html>

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