

**Obukan Kendo Club
Portland, Oregon**

A 501©(3) Non-profit Organization Dedicated to
the Promotion of Japanese Fencing.

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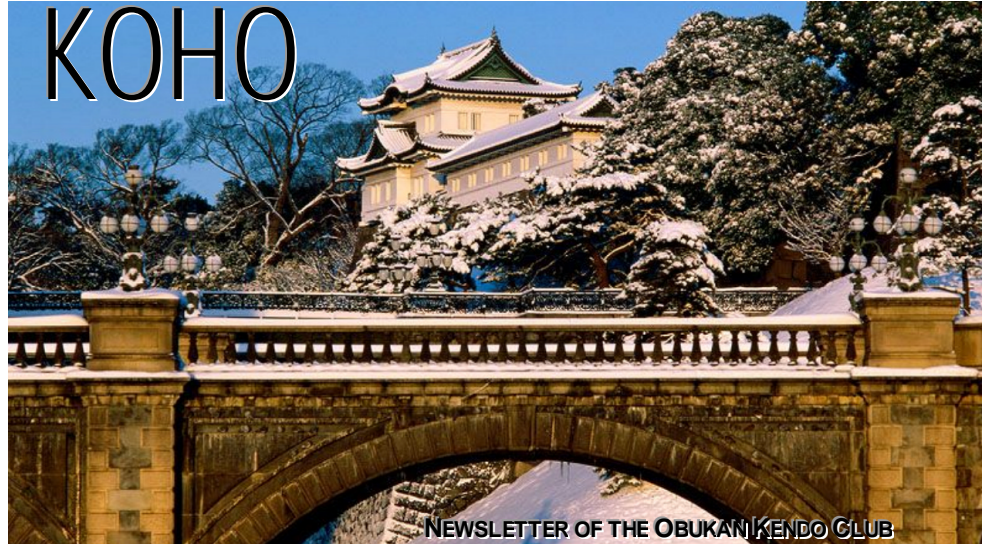
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PNKF Shinsa Soon!

The PNKF Spring Shinsa (grading) will be held at the Highland Community Center in Bellevue, WA on February 25th.

All members wishing to test **must** have the permission of Hancock-sensei prior to signing up. The sign up sheet is available for you at each practice. Please sign up and turn in with your fees by the deadline! Completed application and fees **must** be turned in by **Monday, February 6th**. Checks should be made payable to Pacific Northwest Kendo Federation.



Another Year...

It's hard to believe, but 2005 is finished...so much has happened, and yet the time seemed so short. Think of it...

- We moved to the new facility
- Held a successful seminar with Kamei-sensei and his dojo
- Did several fundraisers
- Sent a team to the US Nationals (who did very well!)
- Sent a group to Japan
- Hosted a young man from Fukuyama (Shinichi-chan)
- Participated in most of the taikais
- Ran several beginners classes
- Visited our friends at OSU and their seminar with Stroud-sensei
- Did demonstrations at Tigard HS, and Uwagimaya's two festivals

...and somehow managed to get in some quality keiko, too. Congratulations to everyone on a fun and successful year!

Kendo is hard work, sure – but it is also a very special community. In the coming year, we must work to improve the level of participation in the Obukan community among our kenshi and – this is most important – among the parents and supporters of the dojo.

We need volunteers to manage the equipment, keep the books, coordinate travel and carpools, help with events, demonstrations and (hopefully more frequent) parties! It seems as though there are always the same few people who always pitch in to get things done – but we can only become a stronger community when the load is divided evenly, and for that we need more volunteers!

Please, when the notices for Board Meetings come around, take the time to come. Express your opinion, bring your ideas and skills, volunteer your time and help to make the Obukan Kendo Club the best in the United States!

As a start, we have taken on the task of improving our communications, so that we can have better visibility for the events coming up and have better means to get questions answered, share ideas and stay in touch. We have a new, “members-only” website hosted by Yahoo! that will serve as our message board, calendar and chat room for our membership and supporters. Also, the main Obukan website at <http://www.obukan.com> has been updated with new content, and an abbreviated list of upcoming events so that you can keep informed. Please visit the site today and sign up for access to the members-only pages so you don't miss out!

Before Lineup

Before and after each practice, there are a few of things that need to be done very quickly so that we may start and end on time. It seems that that same few people do this while others watch – please do your part! This is especially important for beginners and Juniors, as this is the time to show that you are dedicated to the club.

- 1) Hang the flag; lay out the sign-in book and first aid kit.
- 2) Use a dust mop to clean the floor.
- 3) After the dust mop, Juniors and beginners (those not in bogu) are to use the towels to further clean the floor.
- 4) Get your gear stowed against the wall and ready for practice.
- 5) If you are in bogu, get your tare on and your doh. If sensei wants to practice Kata, you can always take the Doh off quickly.
- 6) If there is still time - *Start warming up!* Practice kata, do some suburi, stretch, what have you but DON'T just stand around and chat. Your time in the dojo is precious, treat it that way!

After Practice

- 1) Fold the flag, gather up the sign-in book and first aid kit and put them back in the locker
- 2) Return any bogu, shinai or bokken you have borrowed to the equipment locker. Don't just throw equipment back in the first convenient spot - keep it neat!
- 3) Check the area for litter, equipment etc. If someone has forgotten their gear, help them out by trying to find the owner or at the very least, storing it in the locker so they can claim it next practice. Our goal is to leave the facility cleaner than we found it, always.
- 4) **LOCK** the lockers!



Kent Taikai Results

Here are the results from the Kent taikai that was held on December 10th. As always, our juniors did so much better than adults though no one placed in any individual divisions.

The Junior Team took **THIRD PLACE!** Participating for Obukan were: Beatrix Considine, Lilliana Considine, Portia Considine. M. Rasmussen (Tacoma), Z. Spain Greene (Tacoma).

The match breakdown was:

Obukan vs Highline, 3:2

Obukan vs Kent, 1:3

We appreciate the members from Tacoma kendo club contributing to this honor. Hopefully we will see more Obukan members participating in the tournaments and other regional events. The upcoming tournaments will be Vancouver Taikai in January, Steveston Taikai in February, and Highline taikai in March. If you are interested, please plan ahead so that you don't miss out!

It's AUSKF/PNKF Dues Time!

It's *that* time again...time to dig deep and turn in your AUSKF/PNKF dues. These dues cover insurance while you practice as a member of the club, as well as when you are participating in taikai or shinsa events, as well as cover expenses for the local and national federations. These dues are mandatory for all members of the Obukan Kendo club, and are due no later than February 17th (so that we may get them into the PNKF by their deadline). Please make your check out to the **Pacific Northwest Kendo Federation**. The fees due for 2006 are:

AUSKF/PNKF Dues as of Jan 2006	
Adult Kyu and Yudansha (18 yrs and up)	
AUSKF Dues	\$40.00/year
PNKF Dues	\$30.00/year
Total	\$70.00/year
Junior Yudansha (through 17 yrs)	
AUSKF Dues	\$40.00/year
PNKF Dues	\$15.00/year
Total	\$55.00/year
Junior Kyu (through 17 yrs)	
AUSKF Dues	\$25.00/year
PNKF Dues	\$15.00/year
Total	\$40.00/year

Obukan Fee Structure Change, New Family Rate!

In the last meeting of the Board of Directors, it was decided to establish a "Family Rate" fee structure for members who practice with their spouses or children. The fees for family members are capped at the equivalent cost of one adult and one child for the entire family. For example, a practicing adult member with two kids would pay a total of \$35 + \$25 = \$60 instead of the previous \$85. It is hoped that this will encourage more family participation!

The fee structure for 2006 then becomes:

Juniors under 18	\$25.00 per month
Adults 18 and over	\$35.00 per month
Families (2 or more)	\$60.00 per month

There is a 5% discount if you pay your fees quarterly or annually. Fees are due in the first week of each month. If you have difficulties with the fees, please discuss it with Hancock-sensei – otherwise, **all members have a duty to keep their dues up-to-date.**



The Way of The Wood

(excerpt from an article by Susan Yim, *Honolulu Star-Bulletin*, 1980)

Sadao Yoshioka knelt Japanese style on the floor, legs folded under him, and gazed down the edge of a sleek dark wood sword the way a hunter gazes down the barrel of a shotgun as he takes aim.

But the wooden sword or *bokken* is not meant to be a weapon. For Yoshioka, who makes *bokken* and gives them away as gifts, there is something mystical about the sword.

It is a vehicle for spiritual enlightenment.

The wooden replica of what in samurai days was a deadly weapon is today a tool used to teach students of martial arts self discipline.

"This ridge must be straight and true, without any flaw," said Yoshioka, encouraging his visitors to run their fingers down the edge of a sword. "Old Japanese say the sword is the way of the warrior. This ridge is the warrior's road."

"Beginner's swords are wide at the end of the blade. Because the road is wide, the beginner wanders around. Gradually the road (like the edge of the sword) becomes very narrow, he can't wander too much. The warrior begins to appreciate the spiritual side of the road. After he has attained spiritual oneness he doesn't need the road anymore. That's when he discards the sword and becomes one with nature."

"Today many youngsters want to understand being one with nature without traveling the road. In other words, to get to the top of the mountain they want to take a helicopter. In the days of the warrior, there was no such thing as a helicopter. To have spiritual harmony, you had to travel the road."

Richmond Elementary Dojo News

The Richmond Elementary School dojo is back in action every Thursday at 7:15PM-8:30PM for Kendo keiko starting on January 5th. All experience levels are welcome, practice is in the Gym with Grobart-sensei, Strauch-sensei and often Murosako-sensei as well. Come on over, it's a different kind of practice in a funky old gymnasium - practices are usually less crowded and tend to focus on kihon, something everyone needs! Soon, there will also be an Iaido class taught from the Richmond Dojo – more details will be available soon.



PNKF Datebook

Date	Event	Time and Place
Jan 21	PNKF Kata Seminar for instructor group	9am-2pm, Highline White Center Park
Jan 28	PNKF Board	Sat, 2-4pm, Kent
Feb 4	PNKF Kata Seminar for all members	Sat, 9am-2pm, Highline White Center Park
Feb 25	PNKF Shinsa	Sat, 9am-3:30pm, Bellevue Highland Park
Mar 11	PNKF Board	Sat, 2-4pm, Kent
Mar 18	Highline Taikai	Sat, (time TBD)
Apr 8 or 15 (tentative dates)	University of Washington Taikai	Sat, (time TBD)
May 6	Bellevue Junior Taikai	Sat, (time TBD)

About the Equipment Lockers

It's been noticed at regular intervals, that the equipment locker is generally a mess. Please take the time to carefully and correctly store any equipment you have borrowed. In the cabinets you will find:

Shinai to borrow – these are unwrapped, generally obviously used shinai that you may borrow for the duration of the class if you have forgotten yours or if yours has broken during class. Please check these shinai carefully before using them, to make sure they are safe, tied correctly and are splinter-free.

Tenugui to borrow – these all have “Obukan Kendo Club” written on them in indelible ink. If you use a loaner tenugui, you are expected to take it home, wash it and return it to the cabinet at your next practice.

Bogu to borrow – there are a selection of kote, doh, tare and men that can be borrowed for practice. You are expected to return the bogu tied up properly, and in better condition than you found it after practice. Stuffing the bogu in the cabinets because you are in a hurry is not acceptable! If you don't know how to tie up tare (for example) or how to tie up a men – ASK!

Shinai for sale – we have a great number of shinai for sale. These are shrink-wrapped, unused and are not to be opened and used for practice unless you are buying them! Until further notice, all adult shinai (38-39) are only \$20.00, all junior shinai (37 and below) are only \$15.00! Please help us to use up this supply before they become brittle and old!

Tsubas for sale – there are bags of shinai tsubas for sale, which are not to be used as loaners if yours has failed or was forgotten. Shinai tsubas are free with each shinai sold, \$1.00 each otherwise.

Tenugui for sale – we have a large number of red Obukan tenugui which are the envy of the PNKF for sale at only \$5.00 each. Other tenugui given to us by visitors are also \$5.00 each – and are not free for the taking unless sensei hands them out.

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Dojo Kun

- Seek Perfection of Character
 - Be Faithful
 - Endeavor
 - Respect Others
 - Refrain from Violent Behavior
-



KEIKO SCHEDULE

**Conestoga Recreation and
Aquatic Center**
9985 SW 125th Avenue
Beaverton, Oregon 97008

Members will be able to enter **one
half hour prior** to practice times.
There are lockers and showers
available (bring a combination lock!)

Kendo

Sun: 5:00 – 7:00 PM Gym
“A”

Wed: 7:30 – 8:30 PM Room
201

Fri: 6:30 – 8:30 PM Gym
“A”

Iaido

Mon: 7:30 – 9:00 PM Room
201

- AND -

Richmond Elem. School
2276 SE 41st
Portland, Oregon 97214

Kendo

Thurs: 7:15 – 8:30 PM

Iaido

Coming Soon!!

Obukan T-Shirts and Patches Available!

From time to time, we have various items available for purchase that support the Obukan Kendo Club. They are made from high-quality materials, and are a great way to show your pride in your club!

Obukan “tsuba” patches for your keikogi – which are **required** if you are going to a Taikai representing the club. Patches are \$5.



Obukan **Ren-Ma** hats are available in adjustable sizes for \$10 each.

Shinai Sale!! – For a limited time, we need to move some of the shinai we purchased in bulk. Since we got a great deal on them, we are passing the savings along to the club so...all new adult shinai (38-39) are only \$20 until further notice. Juniors (37 and below) are only \$15.00!



T-shirts are currently sold out...but we have fine Obukan tenugui for \$5.00!

Kendo Websites

There are some excellent sources of Kendo information on the Internet (and lot's of not so good ones) – remember, when in doubt, **ask Sensei!** Many links to excellent information and more are available at <http://www.obukan.com>. Obukan.com is adding new links and timely event information every week. Members and supporters, please visit Obukan.com and sign up for the new “members-only” area!

Obukan DVD Library

Obukan is working on converting all of their old video cassettes into DVD's and creating a loaner library. We currently have the following available for loan:

ZNKR Seitei Iai – Videos and pointers for proper execution of Iai kata (in English)

ZNKR Seitei Iai – Videos and pointers for proper execution of Iai kata (in Japanese)

Obukan 2005 Slideshow – Includes pictures from the Japan trip and highlights from throughout the year.

Obukan In Japan – Videos from last year's Japan trip

Ma-Ai

Ma-ai is the interval between the two opponents or partners when practicing Kendo or kata. It is described as 3 intervals:

Issoku-itto-no-ma-ai (one step-one sword interval). This *ma-ai* allows you to strike the opponent by taking one step forward and to avoid the opponents attacks by taking one step to the rear or to the side. It is also called *uchi-ma* or the strike interval. At this interval either party can strike.

Toii-ma-ai (*to-ma*) or distant interval is when the opponents are separated such that more than one step is required to strike the opponent. As the opponent moves forward, you have the chance to strike.

Chikai-ma-ai (*chika-ma*) or close interval is that distance less than the one step interval. There are many strategies that can be employed from this distance also.