

**Obukan Kendo Club**  
**Portland, Oregon**  
 A 501©(3) Non-profit Organization Dedicated to  
 the Promotion of Japanese Fencing.

**Volume 22, Issue 6**

**October-November, 2005**



**Inside this issue:**

New Orleans Kendo Club	1
Taikai Season	2
Shinsa Results	2
Tacoma Taikai Results	2
PNKF Taikai Results	2
Richardson Elem. Dojo	3
PNKF Datebook	3
Keiko Schedule	4
Useful Websites	4
Shinai Sale!	4

**An Apology from The Editor,  
 and Thanks to the Outgoing  
 WebMaster**

I would like to take a moment and apologize for the scarcity of the Koho for the last couple of months, I have no excuse other than the demands of work to blame, and hopefully that will be easing off to manageable levels very soon.

Sadly, Keith Fitz-Gerald has been forced to resign his post as our WebMaster due to the pressures and demands of his job – one that is infinitely more demanding than my own!

Thanks Keith, the new site looks great, and I'll do my best to keep it that way – your contribution will be greatly missed.

-Perry Hunter



**New Orleans Kendo Club Destroyed**

Following the horrific events in New Orleans, I recalled seeing a reference to a New Orleans Kendo Club on Thomas Bolling-sensei's website. Sure enough, Frank Anselmo-sensei is a friend of Bolling-sensei, and ran the New Orleans Kendo Club at Tulane University – which was destroyed in the flood following the storm.

I contacted Glenn Walker, Hancock-sensei and other members of the board and received Glenn's approval to offer whatever assistance we could provide to Anselmo-sensei. Here is Anselmo-sensei's reply:

Thank you so much for expressing to me your dojo's concern for my family and the members of the New Orleans Kendo Club.

My family and I were fortunate. We were able to escape the hurricane and take refuge with friends in Baton Rouge, where I happen to work at LSU.

Unfortunately, we lost our house. It was just blocks from the breakage in the 17th Street Canal levee.

We have found an apartment here in Baton Rouge, but I expect that it will take about a year or so before we will be able to rebuild and move back to New Orleans. Some folks might think we are crazy to go back, but we are determined to return! I have lived my whole life in New Orleans, and I have no intention of leaving the city now.

As far as the kendo club is concerned, I have heard from a few members. I am hopeful that I will hear from them all eventually. I am not sure when we will get back in operation in New Orleans though. I might try to get something going while I am in Baton Rouge, but I have other more pressing matters to attend to right now. At any rate, I have every intention of being operational in New Orleans again as soon as possible.

Thanks for your kind offer of assistance. If I can think of anything that I might need to get the New Orleans Kendo Club back on its feet, I will let you know.

Sincerely,  
 Frank A. Anselmo

I will keep in touch with Anselmo-sensei and when it's time for him to rebuild the New Orleans Kendo Club, any effort the members of Obukan Kendo Club may be able to offer will be appreciated. I will post updates on the Obukan website to the situation there as they occur.

When you take a good look around the place you live here in the Pacific Northwest, you should realize that at any time, the situation in New Orleans and the gulf coast in general could very easily be replicated here – without notice and on a far wider scale.

Think about why you do kendo, and hopefully it is clear that we must not fail to help the New Orleans Kendo Club get back on its feet. To that end, I will be proposing that the board approve some special fund-raising activities – please do what you can to help!



### Before Practice

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!

- 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 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.

### 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. 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.
- 4) LOCK the lockers!

## Taikai Season Is Here!

On a brighter subject, Taikai season is upon us! From now until next summer there will be approximately one taikai per month. Hancock-sensei has announced our intention to hold our own invitational taikai sometime next summer, either as a cap to this years' taikai season, or as the kickoff for the 2006 season. Either way, it's exciting news!

The event schedule is in the back of the Koho, please do your best and try to attend as many events as you can this year. Several of us carpool and try to share the expenses (especially when the cost of gas makes the car ride up and back to Seattle a fifty to one hundred dollar experience) *Decide to go*, and *we will work to find a way to get you there* and get you back home again!

## Shinsa Results

On August 13th, the Fall 2005 Shinsa was held in Bellevue, WA. Obukan results were:

**5TH KYU:** Liliana Considine, Rose Hong, Andy Kiyokawa

**4TH KYU:** Beatrix Considine, Portia Considine, David Robertson, Joan Smith

**3RD KYU:** Jared Burns, James Hunter, Perry Hunter, Takayuki Iguchi,  
Rudiger Noppens

**2ND KYU:** Christopher Merritt

**2ND DAN:** Huicheng (Rick) Chang, Chris Tilt

Congratulations, everyone! Thanks to Bellevue Kendo Club for hosting another great event. The BKC works hard on these events and it really shows.

## Tacoma Taikai Results

On October 22, 2005, the 6<sup>th</sup> Annual Tacoma Youth Tournament was held at Crescent Heights Elementary, in Tacoma Washington. **James Hunter** and **Rose Hong** were present representing Obukan. James Hunter was able to land a spot in the "Senior" team along with Keith Ma and Jayson Nunokawa – and they won!

## PNKF Taikai Results

On November 12, 2005, The 31<sup>st</sup> Annual PNKF Taikai was held in Renton, Washington. Representing Obukan were:

Ayumi Osako	Beatrix Considine
Chun-fang Huang	Glenn Walker
Huicheng (Rick) Chang	James Hunter
Jared Burns	Jason Akahoshi
Jeff Chen	John Hancock-sensei
Liliana Considine	Lonny Hancock
Masahisa (James) Inose	Minori Osako
Perry Hunter	Portia Considine
Ryuken Akahoshi-sensei	Tadahiro (Albert) Inose
Takeshi Sato	

This year's PNKF Taikai was well represented by Obukan, and I think we all had a good time participating. While the old folks (those above 20) did not make it too far in the competitions, we all got to see the Junior Team fight their way to a very, very close **Second Place! Well done!**

This tournament also had one of those moments that you tend to remember for a long, long time. Towards the end of the team competition, Takeshi Sato took a hard shot to the right elbow that later made it swell up like a grapefruit. He was hurt, and no one would have blamed him for stopping right there. Instead, Takeshi gathered himself up, and went after his opponent with a will – defeating him with two unanswered points in a very short time to keep his team in the competition! It was one of those "wow" moments...well done, Mr. Sato!

**THE LAST WORD**  
(from PNKF *Kenyu*)

**Musashi and Takuan both believed that the great mistake was being slowed or rendered immobile by what one sees, hears, feels or thinks.** For them, even an instant's preoccupation could be fatal. Both body and mind must be free to flow and to respond to whatever the situation demands. Again, in the Water chapter Musashi wrote specifically of the hands: "In all things...immobility is undesirable. Immobility means a dead hand; mobility means a living hand." The same might have been said of the body and mind. In "The Lesson of Stance/No-Stance," Musashi discussed how, with just a slight movement, one stance becomes another, and this invokes a constantly fluid situation: "This is the principle in which there is, and there is not, a stance. At its heart, this is first taking up the sword and then cutting down your opponent, no matter what is done or how it happens." Fluidity means having no obstruction, and particularly no obstruction from one's own mind. We must be careful not to create our own fetters or our own inflexibility

--William Scott Wilson, *The Lone Samurai: The Life of Miyamoto Musashi*



PNKF Taikai Results for Obukan were:

**13-15 Girls**

- 1st place - A. Lethin, Alaska
- 2nd place - N. Grimes, SnoKing
- 3rd place - L. Murao, Steveston
- 3rd place - H. Yamada, Vancouver

**16-18 Years**

- 1st place - J. Lee, Steveston
- 2nd place - J. Vafaezadeh, Bellevue
- 3rd place - T. Kikuchi, Steveston
- 3rd place - **M. Inose, Obukan**

**Junior Team**

- 1st place - Bellevue
- 2nd place - **Obukan**

**13-15 Boys**

- 1st place - **J. Akahoshi, Obukan**
- 2nd place - M. Sinclair, Spokane
- 3rd place - S. McNally, Spokane
- 3rd place - **T. Inose, Obukan**

**0-4 Kyu Men**

- 1st place - S. West, Spokane
- 2nd place - R. Wiebe, Steveston
- 3rd place - D. Thomas, Tacoma
- 3rd place - S. Wong, Bellevue

**Senior Team**

- 1st place - Hawai'i
- 2nd place - Highline
- 3rd place - UBC
- 3rd place - Vancouver

Shoji Trophy - Jahan Vafaezadeh, Bellevue  
 PNKF President's Service Award - Sinclair Family  
 AUSKF Special Recognition - **Pat Murosako** (special guest Obukan member ☺)

Richmond Elementary Dojo Back to Practice

The Richmond Elementary School dojo is back in action every Thursday at 7:15PM-8:30PM for Kendo keiko. 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!

 PNKF Datebook

Date	Event	Time and Place
Dec 10	Kent Taikai	Sat, report time 9am, start 9:30am, Kent.
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, (TBD)

**Obukan Kendo Club  
Portland, Oregon**

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

---

## 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 41<sup>st</sup>  
Portland, Oregon 97214

### Kendo

Thurs: 7:15 – 8:30 PM

## 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 shinai (in stock) are only \$20 until further notice!



T-shirts are currently sold out...

---

### **Kendo Websites**

Here are some excellent sources of Kendo information on the Internet – remember, when in doubt, *ask Sensei!* All these links and more are available at <http://www.obukan.com>. **Please sign up for the Obukan e-mail list!**

<http://www.mushinkankendo.com/> - The Mushinkan Kendo Club of Colorado Springs has an excellent set of pages describing the Kihon Keiko-ho (aka Bokutoh Kata), as well as instructions for wearing your keikogi and hakama.

<http://kendo-usa.org> - Marsten-sensei's site. Among other things, this has very clear and concise information on how to maintain your shinai with diagrams on how to tie the tsuru and nakayui.

<http://www.kendo.org.uk/articles/jigeiko/01/index.shtml>

<http://www.kendo.org.uk/articles/jigeiko/02/index.shtml> - An excellent, two-part article about how to approach jigeiko by Honda-sensei, coach of the British Kendo Squad for several years.

<http://web.ics.purdue.edu/~kendo/glossary.html> - A good glossary of Kendo terms.

<http://www.halifaxkendo.org/demo.html> - Halifax Kendo Club has some practice videos that help demonstrate some of the fundamental activities in a Kendo keiko session.

...and last but not least: <http://www.obukan.com> Keep checking, Obukan.com is adding new links and timely event information every week.

### **Kamae**

In Kendo, this refers to when one is facing an enemy and has drawn the sword, holding it in preparation to strike in the best body positioning. In the case of Iai, one carries the sword in the obi and must be mentally and physically prepared to draw and strike at any moment at an enemy who may come from any direction, and thus kamae refers to both mind and body.

--Shigeyoshi Yamatsuta, Iaido Hongi Muso Shindenryu