

## The Edmonton Kendo Club Summer 2003 Newsletter



The summer issue of the EKC newsletter brings you reviews of the first EKC seminar, our demonstrations at the Devonian Gardens and Heritage Days, a note on changes to our practice times, our now regular column “Kendo-ese 101” and a message from Bozzer-Sensei.

### The 1<sup>st</sup> Edmonton Kendo Club Spring Gasshuku

The Edmonton Kendo Club hosted its first spring gasshuku (seminar) during the weekend of May 23 – 25 at the Ukrainian Hall. We were privileged to have Okusa-Sensei and Miyaoka-Sensei as our head instructors for the weekend. We also benefited from the knowledge and experience of Takagaki-Sensei (Steveston), Gendzwil-Sensei (Saskatoon), and Tada-Sensei (UBC) who all made it out for the event.

The weekend opened on Friday evening with a goodwill practice led by Okusa-Sensei. After working on drills for an hour or so, the practice turned to godo-keiko with all members participating at first, followed by a yudansha practice with the beginners/non-degree members watching. Saturday morning was a basics seminar. Okusa-Sensei led the seminar and stressed that without the basics, one cannot progress in kendo. By lunch, all were tired and ready for a break.

The afternoon session began with kata practice, which was led by Miyaoka-Sensei. Again, a stress on the basics was noted. Finally, the afternoon was topped off with the EKC’s first tournament. The event was a round-robin style team

tournament with “Team B2” prevailing. Congrats to Ian Johnson, Sean Bromilow, Jason Johnson, Koichi Izumi, and Hiroki Fujimoto. The day ended off at Doan’s Vietnamese restaurant with good cheer and good food.

Sunday morning, the focus was again the basics, but with more keiko spirit. All kendoka above ni-dan were motodachi, and drills focused on timing techniques such as iai-men. The seminar was concluded with 90 minutes of jigeiko, ending with the sensei.

For a full review of the Gasshuku, as well as pictures from the weekend, visit the club website.

[http://edmonton\\_kendo\\_club.tripod.com](http://edmonton_kendo_club.tripod.com)

### The Japanese Consulate’s Spring Festival

Saturday June 14<sup>th</sup> saw the EKC giving a public demonstration as part of the Japanese Consulate’s Spring Festival in the Kurimoto Japanese Garden at the Devonian Gardens. As usual, club members gave an enthusiastic and energetic demonstration. Thanks to Dustin, Simon, Robert, Brendan, Donna, Sherry, Rory, Hideki, Tom, Troy, Ian, Hiroki, Gerald and Deryck. Bozzer-Sensei provided the link to the audience with commentary about Kendo.

We split into pairs and demonstrated the basic strikes: men, kote, do, kote-men, and kote-men-do. Hiroki and Gerald demonstrated tsuki. We then demonstrated back-up techniques. Deryck and Tom gave a sampling of Naginata. The audience was shown jigeiko, with

Gerald, Dustin and Deryck demonstrating Kendo vs. Naginata. Gerald and Bozzer-Sensei finished the demonstration with the ten kata.

After the demonstration, several club members took in the rest of the Spring Festival – looking at the exhibits and other demonstrations. Several members even tried Sumo. Gerald even created a new maneuver, the “flying sempai”, which proved to be the winning move as Gerald prevailed over Dustin in a hard fought match. Next, Tom and Rory suited up...another tough battle, but Rory prevailed.

In all, it was a great demonstration and a fun afternoon for the Club members who stayed around to enjoy the warm spring day.

Sherry Fulton

EKC field correspondent ☺

### Heritage Days

The EKC was invited to provide several demonstrations as part of the Japanese Pavilion at Heritage Days, August 2-4<sup>th</sup>. Thanks to everyone who was able to attend – we gave enthusiastic demonstrations despite the heat! As well as providing the demonstrations, several members were able to stay around after the demos and man our small corner of the Pavilion and talk about kendo and our club to the people who came by. From the level of interest and questions, we should see a lot of new members starting in September. Again, good job everyone!

– Sherry Fulton

### Changes to our Practice Times

During the summer months, practices have been at the Ukrainian Hall (10629 98 St.) on Wednesday evenings from 7 – 10pm, and on Sundays from 10 am – 1 pm. Beginning in September, we

will be starting up again at Allendale School. Practices have been moved from Wednesdays to Tuesdays from 7:30 – 9:30 pm. Sunday practices will continue as usual at the Ukrainian Hall.

Just a reminder to all to make sure that you bring some water along to practice – we’d hate to have anyone get too dehydrated.

### “Kendo-ese” 101

In this edition of “Kendo-ese” 101, we look at some Naginata terms. Deryck has compiled several terms which are particular to Naginata. These terms will be compiled into our club “Terms and Phrases” listing on the web-site in the near future. We felt it would be productive to highlight some of the terms here. So here goes!

First off, the parts of the Naginata, which is a 6-8 ft wooden staff to which a 1-3 ft blade was attached. The oak staff of the Naginata is the “E-bu”, and the butt end of the Naginata is called the “Ishizuki”. The “Ha-bu” is the convex bamboo blade of the Naginata, and the tip of the Ha-bu is known as the “Kissaki”.

Naginata bogu, consists of the tare, do, and men, similar to kendo. Unlike kendo, Naginata employs kote in which the index finger is separate from the other four fingers. The final piece of armor in Naginata are the “Sune-ate”, which are the shin protectors.

The kamae in Naginata is unlike in Kendo - one does not face their opponent with squared shoulders. Rather, one may take either “Migi-Kamae” (right foot forward) or “Hidari-Kamae” (left foot forward). The basic footwork is known as “Okuri-Ashi”, and “Fumikae-ashi” is the changing between Migi- and Hidari-kamae.

The basic overhead strike is known as “Furikaeshi”. Striking a target is

preceded by “Furiage”, such as “furiage-men-uchi”, “furiage-kote-uchi”, and “furiage-sune-uchi”. Consecutive strikes are preceded by “Sayu” – sayu-do-uchi, sayu-sokumen-uchi, and sayu-sune-uchi.

Finally, there is “Isshujiai”, which is the practice of Naginata vs. katana, which is a form of “Tendo-ryu” – Naginata vs. other weapons. We often see Isshujiai in action with Deryck, Tom, and often Dustin practicing both waza and keiko with other club members. Kata, which is known as “Engi” in Naginata, may also be done as Tendo. Hopefully we can soon see this at practice with Deryck and other club members who are interested.

### Equipment

Just a friendly reminder that all kendo equipment should be in good repair. If you do require new equipment, in particular shinai, talk to Troy or go to <http://www.ironmonk.com>. He has many items in stock, and can get special items as needed.

### A Message from Sensei

We are coming to the end of our second year. There have been a couple of great moments.

I want to congratulate all members in passing their grading examinations. You all showed great enthusiasm and great form in Saskatoon.

I was very impressed with everyone during the seminar. Okusa-Sensei and Miyaoka-Sensei were both very surprised and encouraged by the great showing by our members. They felt we had created a strong and enthusiastic club with great potential. Team spirit kudos go out to Donna and Ian for their wonderful team match.

I have appreciated all the time people have put in to attending the demonstrations. I believe that we let the public see the true meaning of kendo.

We are in the process of saying good-bye to Hiroki as he returns to Japan at the end of July. We wish him all the best.

Congratulations go out to Troy and Linda on the expansion of their family.

The last bit of news is that the Edmonton Kendo club has now expanded to become the Edmonton Kendo and Naginata Club. Webb-Sensei will be in charge of the Naginata portion while I will continue to be the head sensei for the whole club. There will be some minor changes to the club information but we will continue to practice as before.

A final note...For those planning to attend the Saskatoon seminar in Feb. 2004 to grade, you now need to have been practicing regularly for the 6 months prior – which means people need to attend all practices that they can starting in August. Please let me know if you cannot attend each scheduled practice.

I hope everyone has a great summer!

Bozzer-Sensei

### Summer Fun

Now that the lazy days of summer are upon us, and soon to be past us, we need to be thinking about a club event. Let's put our heads together and decide on a summer event. Do we want to BBQ, have a club picnic, go paint-balling? Send in all your ideas!

Well, that's another EKC Newsletter. If you have any ideas of things to include in an upcoming edition, please let us know! Thanks Sherry for the Spring festival and Heritage Days reviews! – Gerald