

2011 SEUSKF Northern Regional Seminar Report

The 2011 SEUSKF Northern Regional Seminar was held on October 7-9. The seminar instructor was Robert Stroud sensei, kyoshi nanadan, of Boise, Idaho. The seminar was hosted by the Northern Virginia Budokai dojo. Students and sensei from six dojos in the SEUSKF northern region attended, including Baltimore-Annapolis kendo, Shu Do Kan DC, Koryo Dojo, UMBC Kendo Club, Charlotte Kendo Club, and Northern Virginia Budokai. Approximately 35 students attended the seminar.



On Friday, October 7, Stroud sensei lead the students in a study of the Bokuto Ni Yoru Kendo Kihon Waza. Sensei emphasized that these waza were required for passing kyu ranks in Japan, and that AUSKF students should become familiar with them. Special emphasis was placed on uchi-ma, or striking distance, as a prerequisite for proper execution of the waza. Sensei lead the students in some basic footwork and bogu exercises. The students then enjoyed jigeiko with Stroud Sensei and one another.

On Saturday, October 8, Stroud Sensei lead the seminar in an examination of the seven kendo no kata tachi forms. Sensei stressed the importance of proper etiquette, distance, and timing, as well as an awareness of the principles of using a katana. Sensei then lead the seminar in an intensive workshop on basic striking in bogu with shinai. Sensei emphasized uchi-ma, clean striking and strong zanshin. After lunch, Sensei covered a number of basics shikake and oji-waza. Sensei introduced the students to a 3-person kakarigeiko rotation and concentrated on the proper execution of kakarigeiko. After an intense session of kakarigeiko, the seminar concluded with another session of jigeiko.



On Sunday, October 9, Stroud Sensei taught the kodachi kata 1-3 to all seminar participants. Sensei covered the distinctive aspects of using the kodachi and the special kamae used in these kata. Sensei recapped his instruction regarding basic strikes with shinai and lead the students in further examination and practice of additional oji-waza. After lunch, Sensei held a practice shinsa for all dan-level students. Sensei provided personalized feedback for each of the participants to the requirements of their next promotional exam and how best to improve their chances of promotion. Finally, Sensei lead the students in another hard session of kakarigeiko and jigeiko to conclude the seminar.



The dojos and students of the Northern Region of the SEUSKF would like to thank Robert Stroud sensei for taking the time and traveling so far to help us improve our kendo. We would also like to thank the SEUSKF for scheduling and supporting this event. We all look forward to

improving our kendo based on Stroud Sensei's instruction and hope to see him again in the future.