

SEUSKF News

VOLUME 2, ISSUE 1

MARCH, 1998

SEUSKF News is published by the Southeastern United States Kendo Federation.

SEUSKF News is a benefit of membership in the SEUSKF.

Updates to information published in *SEUSKF News* will be found on the Internet at cee.citadel.edu/kendo/seuskf

Charlotte Kendo Club

The story of the Charlotte Kendo Club begins in San Jose, California in 1974. Charlotte native Ken Strawn, who knew nothing of Kendo, discovered the San Jose State University Kendo Club. SJSU's Sensei was Professor of

"Charlotte Kendo Club was a founding member of the Southeastern United States Kendo Federation."

Asian History Benjamin Hazard (7 Dan). Hazard Sensei served in the Pacific during W.W.II and on MacArthur's staff during the occupation. In 1948, He was invited to watch a Kendo practice by Lt. Maki Miyahara (now 8 Dan) of the Army's famed 442nd (Japanese-

American) Brigade. He began training under Masami Tanaya Sensei, and later under Tanaya Sensei's instructor, Moriji Mochida Sensei (10 Dan). Entering the University of California at Berkeley in 1952 to work on his doctorate, he met Gordon Warner (author of *THIS IS KENDO*) and they started the first post-war Kendo in Northern California. Hazard began the SJSU club in 1965.

Strawn practiced 9 years in Northern California, under Y. Takao (7 Dan), Y. Miyata (now 8 Dan), and C. Tanaka (7 Dan), achieving the rank of 3 Dan. He accompanied SJSU on a tour of Japanese University Kendo clubs in 1978 and in 1981, represented Northern California in the goodwill division of the 2nd United States National Championship at Chicago. Moving to Portland, Oregon in 1983, he trained in nearby Seattle with R. Omoto (7 Dan, whose Sensei was Kinnosuke Ogawa, 10 Dan), S. Koicke, (7 Dan) and J. Marsten (6 Dan). He returned to Charlotte in 1986

(Continued on page 2)

In this Issue

Featured Dojo - Charlotte	1
Basic Footwork	2
SEUSKF is Online	3
From the SE Officers	3
A Letter from the AUSKF President	4
Welcome to the Federation	5
Coming Events	6

Basic Footwork

by Jeff Marsten

The primary key to performing the technical aspects of kendo centers around solid basics. The first element of that is your footwork. Kendo footwork requires the student to learn a completely different process than that which we use in daily walking. In walking we move by stepping forward with each foot. We plant the lead foot and lift the body up and step through with the trailing foot by swinging it forward.

In kendo the body is driven forward by the left foot while sliding the right foot. So instead of initiating the action with the front foot/leg it is started with the rear foot/leg. The weight is balance slightly to the rear on the left leg and centered in the balls of the feet. An almost gripping action by the toes on the floor helps to focus the weight in the balls of the feet.

The placement of the feet is such that the left foot is back and

the right foot forward. The feet should be in a natural stance so that the feet are directly below the hips. Too narrow of a stance provides poor balance. The nominal distance would be about 4 inches apart with the left big toe even with the heel of the right foot. Too wide of a stance either in the fore/ aft or sidewise direction lowers efficiency. The most common mistake is having the left foot too far back, this causes a weight shift prior to the initiation of an action and slows you down. You must be able to move instantaneously in any direction without requiring a shift in weight and balance. The primary direction of movement is always forward. You must keep your heels off of the ground at all times. Resorting to walking is a very bad habit.

(Continued on page 3)

Charlotte Kendo Club

(Continued from page 1)

and contacted the Charlotte Parks & Recreation department about starting a Kendo Class. In 1988 Charlotte Kendo Club was a founding member of the South Eastern United States Kendo Federation (the other founding members were Atlanta, Miami, and Memphis). That same year Charlotte hosted the first of 6 annual spring tournaments.

Over the years, Strawn has been assisted by Yudansha such as Hiroshi Kobayashi, Bill Scott, Yasuo Goto, Mika Matsushima, David Jones, and Bethany Stewart. Ken Strawn, Bill Scott, David Jones, Chris Seals, and Jac Grimes have repre-

sented SEUSKF at various National Championships.

Charlotte Kendo Club practices on
Sundays, from 1:00 p.m. to 4:00 p.m., at
Carolina Gymnastics & Martial Arts Center,
14017 E. Independence Blvd.
Matthews, NC 28105.

Telephone: (704) 882-3547. ♦

Basic Footwork

(Continued from page 2)

Specifically the process for footwork is as follows: the left heel should be about a 1/2 inch above the floor and the right heel about the thickness of a piece of paper. You then drive the hips forward by pushing with the left leg and sliding the right foot forward. This action is the same as using a skateboard.

A simple way to teach this to beginners is by having a sock on the right foot so it will slide. The left foot is bare and therefore has good traction with the floor. Beginners feet are sticky because they haven't developed the callous on the bottoms that allow the feet to freely glide along the floor. The sock gives them this freedom of action and also makes it difficult to push with the right foot. The completion of the action is the snapping forward of the left foot to close the fore and

aft distance between the two feet back to the starting position.

So the action is: PUSH - SLIDE - SNAP.

BIG MISTAKES

- ♦ steps too large, keep them 6-12 inches,
- ♦ lifting the right foot too high,
- ♦ while stepping, the right toes come up instead of pointing down at the floor, In suburi this is very easy to spot as the person goes backward and forward. ♦

Your \$45 dues include SEUSKF and AUSKF membership and insurance. Are you paid up for 1998?

SEUSKF is Online!

Those of you with access to the Internet can visit the SEUSKF web site at - <http://cee.citadel.edu/kendo/seuskf>
You will find the latest information about upcoming events, download copies of the newsletters, and find out how to contact the SEUSKF officers and perhaps soon, other members of the SEUSKF. Send your suggestions or comments about the web site to: john.murden@citadel.edu



From the AUSKF President

As my term as President draws to a close I would like to share with you a review of the past two years.

At the 1st board meeting back in Oct. of 95, I presented a 5 year plan which laid out some target goals through the year 2000.

A part of my plan was to hold the AUSKF board meetings at different locations around the country. This gave board members a chance to meet with our membership all over the country. We held meetings in Chicago, Denver, Houston, Bethesda (Washington, DC), and Santa Clara. The board meetings were changed to cover two days in order to maximize our value for the costs involved in holding the meeting. The board was also divided into committees to work on specific goals. This allowed us to accomplish far more than if the entire group discussed one item at a time. The AUSKF also assumed many of the expenses that had been born by the regional members. This also allowed the costs incurred by the various activities to be subsidized by the larger regional members.

In the area of promotional examinations the Kodansha shinsa was changed to be held on alternating coasts make it fair for the examinees with regard to travel expenses. Since this change we have held exams in Chicago, Cleveland, Colorado Springs and San Jose.. We also are giving exams for 1 kyu to 4 dan at national events.

We took action to improve the shimpan in the United States by conducting a series of seminars. These seminars were conducted by members of the IKF and AJKF top shimpan group. Three of our top AUSKF judges also went to Japan for

the IKF tournament and took part in a seminar in Kyoto. Okashima sensei who conducted the shimpan classes in Colorado Springs this July at our national seminar was a judge at the 1996 AJKF taikai. As part of this program we have issued certificates to those godan and above who demonstrate sufficient ability and expertise at the seminars. From this group of certified individuals the shimpan for the national tournament will be selected.

The AUSKF with the GLKF held our first national championship. It was a wonderful experience for all those who attended.

The AUSKF sent the best team ever to represent the United States at the World Championships. We also have a documented a process to select the team for the year 2000 IKF championships.

In the iaido area the AUSKF has provided national leadership and a solid program. We have funded examinations and seminars and our national committee has taken great steps toward improving our level and participation. Because of these activities some of the regionals are now able to offer regularly scheduled examinations.

In conclusion, I have learned you can please some of the people all of the time, all of the people none of the time and most of the people some of the time.

Thanks,

Jeff Marsten

Remember that the strength of an organization comes from active, involved members.

Perhaps you would have a comment or suggestion about the newsletter.

Maybe you would like to write an article, submit a photo or some artwork.

If you have something you would like to contribute, please contact:

*John Murden
Civil and Environmental Eng. Dept.,
The Citadel,
171 Moultrie Street
Charleston, SC
29409-0225*

*E-mail: john.murden@citadledu
Phone: 843 953-7684
Fax: 843 953-6328*

or a SEUSKF officer.

Your interest and involvement will be appreciated.

SEUSKF Officers

Terms expire 31 December 1998

President
Ken Strawn
P.O. Box 667546
Charlotte, NC 28266

Vice President — Education
Shinobu Maeda
824 Povo Road
Madison TN, 37354

Vice President — Promotions
James Parker
315 Olde Springs Road
Columbia, SC 29223

Secretary
Dennis Griffin
P.O. Box 544
Isle of Palms, SC 29451

Treasurer
David Jones
617 Engelman Avenue
Burlington, NC 27215

Historian
Eddie Miller
5265 Hawk Dr
Kissimmee FL 34746
KendoShiai@aol.com



From the Editors:

SEUSKF News will be published at least three times each year. To meet that schedule and publish in a timely manner, the following closing dates for each issue will be observed.

Issue - Closing Date
Spring - 15 February
Summer/Fall - 15 August
Winter - 15 November

Welcome to the SEUSKF

These clubs are the most recent additions to the federation. Contact the listed individual for more information on these newest affiliates.

Annapolis Kendo Club
Richard Lab
901 Merriweather Way
Severn, MD 21144

Boone Kendo Club
Bryan R. Hayes
108 Azalea Heights Lane
Boone, NC 28607

Charleston Kendo Club
Dennis Griffin
P.O. Box 544
Isle of Palms, SC 29451



SEUSKF News

J. A. Murden
1516 Sanford Road
Charleston, SC 29407-6972

SEUSKF NEWS

Coming Events

March 14, 1998 – Promotional to ranks
6-kyu through 2-dan. 5:00 - 7:30 pm at
The Sporting Place, Atlanta GA.

March 15, 1998 – SEUSKF Officers Meeting
Winter Chapel Kindergarten
4942 Winter Chapel Rd, Doraville, GA
10:00 a.m. to 1:00 p.m.

April 4, 1998 – Annual Cleveland Kendo
Tournament, Cleveland State University,
Cleveland OH.

April 25-26 1998 – All United States Kendo
Federation Board of Directors meeting in
Atlanta GA. Godo-keiko on the 25th at a
location to TBA (there will NOT be enough
time for a promotional.)

FOR MORE INFORMATION

*Check the SEUSKF
web site for the
latest information
on these and other
events.*

*When possible,
complete event
notices with contact
information,
entrance forms and
maps will posted.*

June 19-22, 1998 – AUSKF Summer Camp,
Las Vegas, NV. Details to be announced.

July 11, 1998 – Seminar/ Promotional at Ten-
nessee Meiji Gauin, Sweetwater, TN.

October 18-19, 1998 – SEUSKF Champi-
onship Tournament, Charlotte, NC. (Dates
are tentative.) Tournament on Saturday;
Promotional (up to 3-dan) on Sunday.

Labor Day, 1999 – 8th United States National
Championship, Las Vegas NV.

April, 2000 – 11th World Tournament, Santa
Clara CA