



**SEUSKF Board of Director Meeting Minutes 8-12-2017**

***Minutes from last meeting (Jan 14, 2017) –***

Read by SEUSKF Secretary- Mike Watson

*Minutes were approved as read by a majority vote*

***Treasurer's Report-***

Presented by SEUSKF Treasurer- Tina Canada (*see appendix 1 for treasury report*)

*Treasurer's report approved as read by a majority vote*

After the minutes discussion went on to the new budget. (*see appendix 2 for projected budget*).

Changes to the budget include:

- National championship- increased budget for team expenses, \$7000 for National Championships team and \$2000 for Junior Championships team.
- BOD travel for meetings expanded from \$5200 to \$6000
- Iaido Seminar fund set at \$500
- Mentor Program set at \$400 per region

All other categories remained the same as previous year budget.

A special expense was designated for a plaque to recognize the Greenville SC, dojo for fundraising and sponsorships during the AUSKF championship. It was decided that the board would approve gifting Ryan Dunnivant with a shinai in appreciation for his work during the AUSKF Championship sponsorship drive.

***Old Business:***

Revisit shinpan requirements for 4 Dan promotion, should this be required as well for 3 Dan applicants?

The board felt that we should incorporate some requirement for Sandan level promotions to include some shinpan training in a similar way as Yondan testing. After discussion it was decided that new testing requirement for Sandan would include attendance at a shinpan seminar (with documented proof) prior to taking Sandan test. This would make it a step wise increase to yondan which would still require shinpan seminar plus documented shinpan experience (refereeing at a tournament one full rotation at minimum). Therefore the new requirements would be:

Sandan- 2 years after receiving Nidan plus shinpan seminar credentials.

Yondan- 3 years after receiving Sandan, plus shinpan seminar (the one used for Sandan testing would still count towards Yondan requirement, i.e. you wouldn't need to go to another), plus shinpan experience in the previous 12 months leading up to the test.

## ***New Business-***

### **2017 SEUSKF Tournament plans-**

The event will be hosted by GKA. It was presented as having a promotion on Oct 7<sup>th</sup> in the late afternoon/early evening with potential for godo keiko after promotion. The tournament will be held on the 8<sup>th</sup> with doors opening likely at 8am. The promotion committee will run the promotion but GKA will assist with set up.

Memphis wishes to host SEUSKF potentially next year and Columbia, SC is interested in hosting possibly in 2019.

Youth team map- Tadahisa Matsumura (see appendix 2)

Youth Team training: Mental and Performance Support- Takuya Hayakawa (see appendix 2)

### **SEUSKF Election- (Watson)**

An update was given on status of election. At this time the election nominations are underway. When the nomination period ends (end of August) the ballots will be sent out via certified mail to all dojos with voting privileges (i.e. not college club and not probationary club). The balloting will last 2 months until the end of October. At that time the secretary and treasurer will count and witness the ballots tabulation after which emails will be sent out to the current BOD, all nominees, and member dojos to introduce the new BOD. The new board will meet in January and will vote on officers at that time.

Permission of the BOD to shred all old waivers done under the paper registration system.

- Granted unanimously

## ***Committee Breakout-***

### **Competition-**

For the 2020 SEUSKF Team the committee proposes a mix of prospective practices and try-outs for team selection.

Prospective practices will be in each region where coaches will go. The practices will be open to everyone. Coaches will be reimbursed for their travel expenses.

Timeline:

- January 2018 Board select coaches and managers
- Spring/Summer 2018 begin prospective practices for each region. Coaches will decide practice format, i.e. waza, geiko, shinsa, etc.
- Summer 2019 first general tryout
- Winter 2019/2020 2<sup>nd</sup> general tryout
- Winter 2019/2020 Final selection of team based on tryouts and prospective practices.
- Remind 2017 SEUSKF Tournament to introduce 2017 SESUKF team. Anyone that won a medal should bring it for the recognition announcement and to inspire others.

## **Education-**

Zone Seminar – organize seminar, 6<sup>th</sup> dan and above instructor

Regional Problems:

1. AL Huntsville, Mr. Chi is gone, need some support and reach out in the region.
2. Washington Kendo Club Folded (VA)
3. Baltimore Annapolis – not much participation in SE events

Huntsville:

- Contact them first/hearing- Ken Tamura
- Plan to set up event in September 2017 in Huntsville--Zoning Seminar----invite Nashville and Memphis
- Daniel in charge

Northern VA Area

- Contact them first/hearing – by Hyun Sensei
- Plan for 2018 Zoning Seminar Zoning
- Invite Koryo & VA dojos

Baltimore Annapolis:

- Contact them first/hearing
- Plan for 2018 Leadership Seminar or Zoning Seminar

Arai Sensei:

- Coordinating to invite Yoshimura 8 Dan (Tokaido Univ)-----tentatively Feb 2018
- Would like to invite Kim Jung Kook Sensei again

Zoning Seminar Content:

- Kihon
  - Waza (Suriage)
  - Shimpan Seminar
  - Bokutonyoru Kendo Waza Keikoho
- \*As per Request

Southern Zone (FL):

- Requested for Zone Seminar

#### Mentor Program:

- Coordinate to Inviting Harada Brandon Sensei (AUSKF) in 2018:
- Budget may request to AUSKF

#### 4 Interest of people in SEUSKF

- Beginners – New prospect for new SEUSKF members - want to know about Kendo
- Like to Compete -Youth (Next generation), Mudansha, Woman, Men Team prospect
- Seeking for Higher Rank/leading position in dojo
- Leaving from SE – Starting University/Moving to other region/lose interest

#### Tie up with AUSKF events /program:

- Mentor Programs
- USA Team Giving Back Program
- AUSKF Educational Tour
- Mudansha Seminar

#### **Promotion-**

- Change promotion forms and yondan shinpan forms to new SEUSKF logo and fee structure.
- Forms should reflect the following items at minimum: dojo; sensei name and signature; candidate name as registered with AUSKF, present rank, where and what date achieved, rank requesting, AUSKF ID#, contact info (email , telephone, physical address).
- Grouping of shinsa candidates on day of promotion factors should include: dojo, age, gender, for candidates that are uneven number a person should be indicated as kata partner if needed, should be someone that is NOT testing on same day for a higher rank, make sure forms are filled out correctly with payment done correctly, enforce two check method, make sure it is stated that test fee is non-refundable but that menjo fee is refundable if rank not passed.

#### ***Other new business-***

It was decided that the board would have a plaque made to honor the Greenville dojo for the sponsorship work they did for the SEUSKF team fund raising. We also approved a gift of a shinai to Ryan Dunnavant for sponsors.

The next BOD meeting will be the first meeting of the newly elected board and it tentatively set for Atlanta at GKA on Saturday, January 13, 2018.

## Appendix 1: Treasurers Report

- SEUSKF Treasurer's Report (period 1/15/2017-8/12/2017)
- prepared by Tina L. Canada
- Detailed Budget Report:

Notation	Budgeted for August 2016 to August 2017	Actual Expenses	Total Remaining
National Championship	\$6,980.00		\$0.00
Accrued for Nationals in Summer 2017 (Set Aside)		-\$6,980.00	
BOD travel/meetings	\$5,200.00		\$492.51
Room rental for Jan. BOD meeting, Atlanta, GA		-\$232.49	
P.Hyun travel for Jan. BOD meeting		-\$300.00	
S. Maeda travel for Jan. BOD meeting		-\$400.00	
M. Watson travel for Jan. BOD meeting		-\$300.00	
T. Canada travel for Jan. BOD meeting		-\$500.00	
C. Philbeck travel for Jan. BOD meeting		-\$300.00	
S. Maeda travel for Aug. BOD meeting		-\$500.00	
K. Arai travel for Aug. BOD meeting		-\$200.00	
R. Barr travel for Aug. BOD meeting		-\$200.00	
M. Watson travel for Aug. BOD meeting		-\$300.00	
T. Canada travel for Aug. BOD meeting		-\$400.00	
K. Tamura travel for Aug. BOD meeting		-\$200.00	
C. Philbeck travel for Aug. BOD meeting		-\$300.00	
Room rental for Aug. BOD meeting, Knoxville, TN		-\$75.00	
Hotel room rental for Aug. BOD and leadership seminar \$100/Board member		-\$500.00	
Website expenses	\$150.00		\$150.00
SEUSKF Promotional & seminars expenses (\$500 cap per region of the SEUSKF)			
Northern Zone (MD, VA)	\$600.00		\$600.00
Central Zone (NC, SC, GA)	\$600.00		\$0.00

Futagoishi-Sensei and Amishiro-Sensei seminar Feb. 11-12, 2017 in Atlanta, GA		-\$600.00	
Western Zone (TN, AL)	\$600.00		\$130.36
Travel for T. Ebihara for 10/23/16 shinsa in Knoxville, TN		-\$469.64	
Southern Zone (FL)	\$600.00		\$600.00
Administrative expenses	\$150.00		\$150.00
Mentor Program	\$0.00		\$0.00
		\$0.00	
Transferred to Emergency funds	\$0.00		\$0.00
Transferred to Emergency funds		\$0.00	
<b>Total Budget</b>	<b>\$14,880.00</b>	<b>-\$12,757.13</b>	<b>\$2,122.87</b>

Emergency funds (unspent money from previous years' budgets)	\$2,717.30		\$1,047.48
Unspent money from 2012-2013 fiscal year	\$2,724.37		
Transfer from Budget to Emergency funds	\$1,030.00		
Filing fee for non-profit registration in North Carolina		-\$60.00	
Jr. National stipend from the AUSKF	\$1,000.00		
Distribution of Jr. National stipend (\$90.90/person) for 11 players		-\$999.90	
Transfer from Emergency funds to National Team funds		-\$4,000.00	
Jung Kook Kim Sensei seminar in Atlanta, GA March 8-9, 2014		-\$500.00	
Transfer from Budget to Emergency funds	\$12.62		
Gym rental fee for 9/7/14 SEUSKF leadership seminar in Atlanta, GA		-\$375.00	
Full page ad for Holt-Sensei Pioneers of Kendo to support Team USA		-\$500.00	
Filing fee for SEUSKF non-profit registration in the U.S.		-\$400.00	
Internal audit of funds 1/16/2015 (monies from post-budget dues)	\$3,341.05		
S. Maeda travel to Int'l zone shimpan seminar 1/24-1/25/15		-\$300.00	
Testing fees from 1/17/15 shinsa in Atlanta, GA	\$570.00		
Judge travel fees for 1/17/15 shinsa in Atlanta, GA		-\$870.00	
Gym rental fee for 1/18/15 godo-keiko in Atlanta, GA		-\$112.50	

Murakami-Sensei (former AUSKF President) funeral donation.		-\$200.00	
Kim-Sensei (2008 Senior Individual Division Champion at AUSKF championships) funeral donation.		-\$300.00	
Audit of undeposited checks	\$269.23		
Unspent money from 2014-2015 fiscal year	\$2,691.07		
T. Matsumura support as coach of SEUSKF members to Jr. Nationals 8/1/2015		-\$250.00	
SEUSKF Board of Directors supplement to hotel for August Board meeting (7 members/\$100)		-\$700.00	
Mariko Yamamoto seminar in Atlanta, GA, January 16-17, 2016		-\$500.00	
1/16/16 shinsa travel fees for judges and gym rental		-\$882.20	
Testing fees from 1/16/16 shinsa in Atlanta, GA	\$630.00		
P. Hyun travel to Int'l zone shimpan seminar 1/30-31/16		-\$200.00	
S. Maeda travel to Int'l zone shimpan seminar 1/30-31/16		-\$200.00	
J. Kim travel to Int'l zone shimpan seminar 1/30-31/16		-\$200.00	
Kunamoto earthquake relief donation via AUSKIF		-\$700.00	
T. Matsumura support as manager of SEUSKF members to Jr. Nationals 6/2016		-\$150.00	
SEUSKF Board of Directors supplement to hotel for August 2016 Board meeting (8 members/\$100)		-\$800.00	
Unspent money from 2015-2016 fiscal year	\$1,819.22		
Gym rental for 10/23/16 SEUSKF shinsa		-\$512.50	
Shigematsu-Sensei seminar 11/19-21/2016 in Atlanta, GA		-\$500.00	
January 2017 SEUSKF Dan shinsa gym rental		-\$255.00	
January 2017 SEUSKF Dan shinsa testing fees	\$450.00		
January 2017 SEUSKF Dan shinsa judges fees		-\$845.28	
Futagoishi-Sensei and Amishiro-Sensei seminar Feb. 11-12, 2017 in Atlanta, GA		-\$50.00	
S. Maeda travel to Int'l zone shimpan seminar 1/21-22/17		-\$200.00	
J. Kim travel to Int'l zone shimpan seminar 1/21-22/17		-\$200.00	
A. Ebihara travel to Int'l zone shimpan seminar 1/21-22/17		-\$200.00	

SEUSKF leadership seminar gym rental for August 12-13th, 2017 in Knoxville, TN		- \$245.00	
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Funds to be Set Aside for National Championships for Summer 2017			\$2,001.91
Remaining from 2014 Championships	\$59.53		
Set aside from 2014-2015 Budget	\$5,000.00		
3 zekken for youth to Junior National Championship 2015		-\$85.00	
Registration and bento for 7 competitors and coach for Junior National Championship (8/1/2015)		-\$290.00	
Set aside from 2015-2016 Budget	\$6,000.00		
Try-outs for Mens/Womens/Seniors division 10/17/2015 (gym-rental and supplies)		-\$348.44	
SEUSKF Men's Team to Cleveland 4/2/2016 (5 members at \$150 each)		-\$750.00	
11 zekken for youth to Junior National Championship 2016		-\$290.00	
Registration and bento for 18 competitors and coach for Junior National Championship (6/25/2016)		-\$720.00	
7/9/2016 Team practice in Atlanta, GA		-\$749.97	
Set aside from 2016-2017 Budget	\$6,980.00		
SEUSKF Women's Team to Cleveland 4/1/2017 (4 members at \$150 each)		-\$600.00	
GoFundMe Donations to Team SEUSKF	\$301.25		
Sponsorship donations to Team SEUSKF	\$3,000.00		
Travel Fees for 3/11/17 Knoxville, TN team members/coaches traveling 200 miles plus		-\$999.75	
Travel Fees for Ebihara-Sensei to 4/15/17 Tampa practice		-\$250.00	
Travel Fees for 5/29/17 Atlanta, GA team members/coaches traveling 200 miles plus		-\$500.00	
Gym rental fee for 2/11/17 Women's team practice in Atlanta, GA		-\$85.00	
Gym rental fee for 5/29/2017 team practice in Atlanta, GA		-\$498.00	
Team Nafuda (zekken)		-\$694.00	
Registration for Nationals and Junior Opens (both Teams and Individuals)		-\$8,700.00	
Bento Fees for three days for National Team and one day Junior Open		-\$1,430.00	
Water/supplies/etc. for National championship		-\$48.71	
Team T-Shirts (Sale of extra shirts to go towards 2020 Team		-\$1,950.00	



Services of Julie Scanlon for 2017 National Competition		-\$350.00	
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Funds for the Mentor Program (\$500 cap per region of the SEUSKF)			\$761.27
8/23/2010 \$2,000 from emergency funds transferred to fund the Mentor Program			
2011-2012 Budget of \$2,000 into Mentor Program (\$500 per region)			
2012-2013 Budget of \$1804 into Mentor Program (bring each region to \$1,000)			
Northern Zone (MD, VA)	\$500.00		\$400.00
2011-2012 Budget into Mentor Program	\$500.00		
Transfer to National Team budget per 2/2/2014 BOD meeting		-\$750.00	
Transfer from 2014-2015 Budget	\$150.00		
Central Zone (NC, SC, GA)	\$500.00		\$0.00
2011-2012 Budget into Mentor Program	\$500.00		
K. Strawn one-time fee for travel to Winthrop University		-\$100.00	
2012-2013 Budget into Mentor Program	\$100.00		
K. Arai travel to Chapel Hill, NC (11/16/2013)		-\$500.00	
Jung Kook Kim Sensei seminar in Atlanta, GA March 8-9, 2014		-\$500.00	
Transfer from 2014-2015 Budget	\$400.00		
Masahiko Yamamoto (8-Dan) and Nobuaki Kotake (7-Dan) seminar July 3-5, 2015 in Atlanta, GA		-\$400.00	
Transfer from 2015-2016 Budget	\$350.00		
Futagoishi-Sensei and Amishiro-Sensei seminar Feb. 11-12, 2017 in Atlanta, GA		-\$350.00	
Western Zone (TN, AL)	\$500.00		\$11.27
S. Yazaki travel to Knoxville, TN (2/26/11 - 2/27/11)		-\$200.00	
S. Maeda travel to Knoxville, TN (2/26/11 - 2/27/11)		-\$300.00	
2011-2012 Budget into Mentor Program	\$500.00		
J. Hyun travel to Nashville, TN for 7/1/2012 seminar		-\$250.00	
S. Maeda travel to Nashville, TN for 7/1/2012 seminar		-\$250.00	
2012-2013 Budget into Mentor Program	\$1,000.00		
Transfer to National Team budget per 2/2/2014 BOD meeting		-\$750.00	
Transfer from 2014-2015 Budget	\$150.00		

J. Hyun travel to Nashville, TN for 3/21/2-15 seminar		-\$195.50	
Transfer from 2015-2016 Budget	\$160.00		
K. Tamura and P. Hyun travel to Nashville for 5/21-22/16 kendo seminar		-\$353.23	
Southern Zone (FL)	\$500.00		\$350.00
S. Maeda travel to Tampa Kendo Club (9/25/10 and 10/30/10)		-\$96.00	
S. Maeda travel to University of Central Florida Kendo Club (9/26/10, 10/17/10 and 11/7/10)		-\$216.00	
S. Maeda travel to Sedokan, Boynton Beach (8/29/10)		-\$177.00	
2011-2012 Budget into Mentor Program	\$500.00		
S. Maeda travel to Miami, FL (6/9/2012)		-\$215.00	
2012-2013 Budget into Mentor Program	\$704.00		
S. Maeda travel to Daytona Beach, FL (Haseikan) for check-up (10/19/2013)		-\$142.38	
Transfer to National Team budget per 2/2/2014 BOD meeting		-\$500.00	
Transfer from 2014-2015 Budget	\$42.38		
S. Maeda travel to Puerto Rico for mentoring June 12-14, 2015		-\$400.00	
Transfer from 2015-2016 Budget	\$350.00		

The SEUSKF has \$1,047.48 remaining in the emergency funds as of 8/12/2017.

The budget for the 2020 Team SEUSKF will start with \$2,001.91.

➤ *SEUSKF Checking Account Summary:*

Treasurer's report for the SEUSKF (1/14/2017-8/12/2017)

Opening Balance		\$25,272.74
Deposits	New AUSKF/SEUSKF member dues (1/14/2017-8/12/2017)	\$19,244.00
	GoFund Me and Sponsorships for Team SEUSKF	\$3,301.25
Debits	Promotionals and seminar travel expenses (Jan.-Aug.)	-\$600.00
	Board of Directors travel expenses for Aug. meeting	-\$2,675.00
	Mentor program expenses (Jan.-Aug.)	\$0.00
	Futagoisi-Sensei and Amishiro-Sensei seminar 2/11-12/2017 in Atlanta, GA	-\$1,000.00
	Room rental and refreshments for Aug. BOD meeting, Knoxville, TN	-\$75.00
	Leadership seminar gym rental Aug. 12-13th in Knoxville, TN	-\$245.00
	Gym rentals for team practices for 2017 Team SEUSKF	-\$583.00

	Team travel and team buliding for 2017 Team SEUSKF	-\$3,099.72
	Nafuda for 2017 Team SEUSKF	-\$694.00
	Registration for 2017 Team SEUSKF	-\$8,700.00
	Bentos/refreshments for 2017 Team SEUSKF	-\$1,478.71
	Gift for Julie Scanlon for assistance with 2017 Team SEUSKF	-\$350.00
	Team T-Shirts for 2017 Team SEUSKF (extra T-shirt orders to go toward 2020 Team SEUSKF)	-\$1,950.00
		\$26,367.56
<b>Closing Balance</b>	<i>Prepared by T. Canada, SEUSKF Treasurer</i>	

➤ **SEUSKF 2017 Mid-Year Statistics:**

**Membership By Dojo**

Dojo Name	2017
Atlanta Kendo Kai	43
Baltimore-Annapolis Kendo	12
Central Florida Kendo Club	5
Charlotte Kendo Club	14
Chiyuu Ke of Puerto Rico Inc.	12
Columbia Kendo Club	17
Columbus JLS KC	1
Eastern Shore Virginia Kendo (ESVK)	1
Georgia Japanese Language School Kendo Club	6
Georgia Kendo Association	89
Greenville Kendo Club	5
Hampton Roads Kendo Club	9
Han Mi Martial Arts	5
Huntsville Kendo Club	6
Jackson Kendo Club	1

<b>Dojo Name</b>	<b>2017</b>
<b>Knoxville Kendo Club</b>	<b>8</b>
<b>Koryo Dojo</b>	<b>32</b>
<b>Memphis Kendo Club</b>	<b>23</b>
<b>Myrtle Beach Kendo Club</b>	<b>5</b>
<b>Nantobukan East Georgia Kendo Club</b>	<b>8</b>
<b>Nashville Kendo Club</b>	<b>30</b>
<b>North Raleigh Kendo Club</b>	<b>16</b>
<b>Northern Virginia Budokai</b>	<b>16</b>
<b>Peachtree City Kendo Association</b>	<b>5</b>
<b>Savannah Kendo Club</b>	<b>1</b>
<b>Sēdōkan Kendo</b>	<b>6</b>
<b>Seminole Kendo Club</b>	<b>1</b>
<b>Shudokan DC Kendo</b>	<b>3</b>
<b>South Florida Kendo Club</b>	<b>28</b>
<b>Summerlin Kendo Club</b>	<b>10</b>
<b>Tallahassee Kendo Club</b>	<b>6</b>
<b>Tampa Kendo Club</b>	<b>16</b>
<b>Toku Bu Kan</b>	<b>15</b>
<b>Triangle Kendo &amp; Iaido</b>	<b>21</b>
<b>UMBC Kendo Club</b>	<b>3</b>
<b>University of South Carolina Kendo Club</b>	<b>2</b>
<b>University of South Florida Kendo (USF Kendo)</b>	<b>4</b>
<b>University of Tennessee Kendo Club</b>	<b>6</b>
<b>Virginia Beach Kendo and Iaido Club</b>	<b>3</b>

Dojo Name	2017
Virginia Tech Kendo Club	4
Washington Kendo Club	8
Total	506

#### Membership By Rank

Rank	2017
6 Kyu	2
5 Kyu	5
4 Kyu	23
3 Kyu	20
2 Kyu	23
1 Kyu	38
1 Dan	40
2 Dan	31
3 Dan	56
4 Dan	32
5 Dan	14
6 Dan	5
7 Dan	3

#### Membership By Age

Age Range	2017
0 - 17	117
18 - 64	376

<b>65+</b>	<b>11</b>
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### Membership By Gender

<b>Gender</b>	<b>2017</b>
<b>Male</b>	<b>411</b>
<b>Female</b>	<b>94</b>

### Yearly Dues Summary (since 2007):

	2007	2008	2009	2010	2011	2012	2013	2014
<b>SEUSKF Dues</b>	\$7,195.00	\$6,285.00	\$7,525.00	\$8,670.00	\$13,965.00	\$14,665.00	\$14,820.00	\$14,765.00
<b>AUSKF Dues</b>	\$13,875.00	\$12,140.00	\$15,000.00	\$17,155.00	\$18,295.00	\$19,470.00	\$20,160.00	\$20,395.00
<b>Total Combined Dues</b>	\$21,070.00	\$18,425.00	\$22,525.00	\$25,825.00	\$32,260.00	\$34,135.00	\$34,980.00	\$35,160.00

	2015	2016	2017	2018	2019	2020	2021	2022
<b>SEUSKF Dues</b>	\$15,850.00	\$15,895.00	\$19,244.00					
<b>AUSKF Dues</b>	\$21,340.00	\$21,110.00	\$21,060.00					
<b>Total Combined Dues</b>	\$37,190.00	\$37,005.00	\$40,304.00					

### ➤ Yearly Summary of Members (since 2007):

	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
<b>Male Members</b>	326	279	337	387	412	441	447	449	469	461	411
<b>Female Members</b>	62	59	71	85	87	93	102	111	120	124	94
<b>17 and Under</b>	108	92	88	115	111	126	120	132	148	151	117
<b>18 and Over</b>	280	246	320	357	388	408	429	428	441	437	387
<b>Total Number of Members</b>	388	338	408	472	499	534	549	560	589	585	506

## **Appendix 2:**

SEUSKF Youth Team Manager / Physical and Mental Performance Advisor  
PhD Student in University of Tennessee  
Takuya Hayakawa

# **Mental and Performance Support for the SEUSKF Youth Team**

## **Background**

At a team practice, the head coach encouraged me to talk about things the youth members needed to concern in terms of sport science. After that, both the head coach and the assistant coach are interested in how to apply ideas of sport science to the youth members. Due to this opportunity, I started sharing specific strategies to them. Thanks to the coaches' understanding, I had some opportunities to teach mental training to the youth members and as results that you all remember, all youth members performed well at both Jr. Open and the National Tournament. This is a report that how the youth members learned about mental training, what actually they did at the tournament, and the proposal based on what we can take advantage of their learning experiences.

## **Performance Routine**

Have you ever experienced that your performance was excellent at a first match, but it turned over at a next match all of sudden? Or, have you ever experienced that you couldn't stay focused because of wondering, distractions, or pressure that drove your attention to something unnecessary? In terms of mental game perspective, these things most likely happen because 1) what you usually do before matches are random (not thoroughly planned), and 2) you are not sure what to focus on. Performance routine is used to avoid happening these issues above, and be focused before matches.

### **What is Performance Routine?**

- Arranged patterns of the body movements to which a performer pays attention. As he or she focuses on the movements, the performer gradually gets focused.
- As well as kendo skills, performance routine needs to be practiced. Therefore, the performance routine works well even under pressure.

- The most important thing in performance routine is to fully pay attention to the movements. For instance, if you decide three-time suburi as your performance routine, you should pay attention to each suburi. In other words, the movements themselves do not have meaning.

Typical examples of performance routine are the patterns basketball players do on the free throw line and the baseball batters do in the batter's box.



Ichiro Suzuki always does the same pattern in the batter box. Many basketball players have original patterns on the free throw line. As they pay attention to each movement, they are gradually focused.

## Focus Plan

When people don't have anything to do at a moment, wondering the mind easily happens. Once wondering starts, a lot of unnecessary thoughts come out in the mind (overthinking). To avoid it, focus plans help to calm down and stay focused. Focus plans are the plans to which you pay attention to do in a situation. For example, while you are waiting for a next match for a long time, you do suburi 5 times, dynamic stretching, on shoulders, and deep breathe 5 times. It's important that you decide those things in advance and doing them on purpose. Therefore, you can avoid "what should I do?" situation. Also focus plan is an extended idea of performance routine.

### Why Do Focus Plans Work?

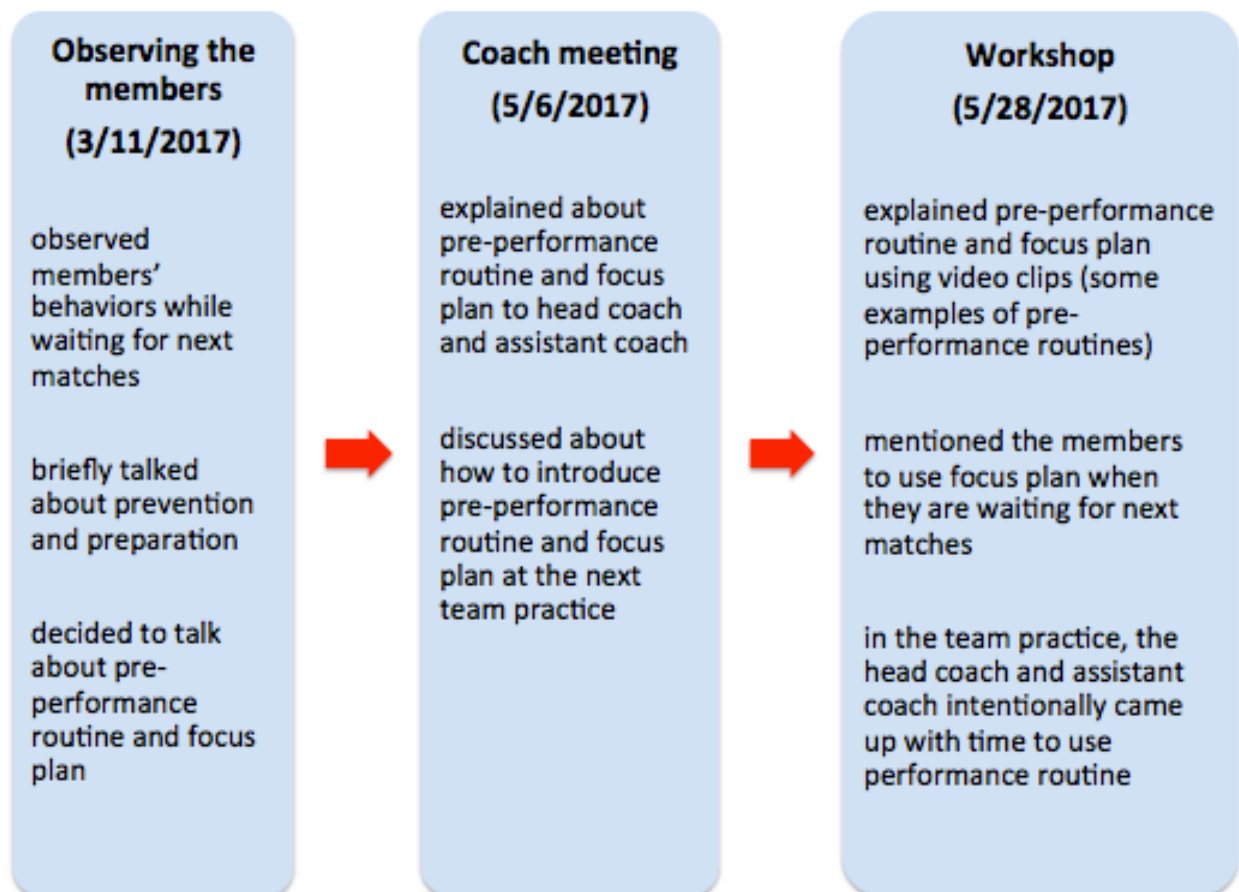
- "What should I do?" makes you nervous easily.
- If you know what's happening or to do next, you can easily pay attention to the thing.





Focus plans avoid thinking of “what should I do?” and show you what you do next. For example, if you decide to do 10-time haya-suburi and dynamic stretching on the shoulders when you wait for a next match, keep in mind that you do these things and do them when you wait for a next match. Like the performance routine, it is better to pay attention to do 10-time haya-suburi and the dynamic stretching. This manner helps you stay focused.

## Major Activities



## Interviews about the Jr. National Open and the National Tournament

### Interview Date

- GKA (5 members) (7/8/2017)
- NKC (3 members) (7/16/17)
- Colombia (1 member) (7/23/17)

### Interview Summary

- Even though we had only one time workshop of mental training, all of them we had an interview used own performance routine. And they felt that they were focused when they intentionally used the performance routine. The members also mentioned that focus plans helped them stay focused and avoid wondering their mind.
  - Some members took advantage of performance routine for the right before the match while they were waiting for next matches.
  - Some members purposefully used deep breath when they were waiting for next matches.
  - A couple of members did meditation when they want to calm down.
- Many of them struggled with making physical and mental condition better, because the Junior Open finished later than the scheduled time. They didn't have enough time for treatment.
- Most of them realized their performance level was different from the first day (Jr. Open) and the second day (National). There are some cases that affected their performance.
  - Some members were satisfied with their performance on the Jr. Open, so they felt they already accomplished enough even on the second day.
  - Some members felt exhausted on the second day, so their attention was drown to physical fatigue.
  - Because some members assumed the level of the competitors in the National is higher than the Jr. Open, they created pressure by their own.
- There are interesting findings about their mind set and attention.
  - One member mentioned he was focused when they only pay attention the right next match. However, he lost focus when suddenly realized he was in the final. He got nervous in team match because he concerned that his outcomes affects other members to perform.
  - One member noticed she lost focus when gougi took place. She started wondering while waiting for gougi.

- One member was confident in team match because he was supported by his team members.
- Most of the members acknowledged that they need to work harder their practice to develop their kendo skills to a next tournament and the National

### **Learning from the Members' Experiences**

Overall, these activities positively affect the youth members to change their behaviors in a good way. Particularly, they learned how to stay focused and manage pressure using performance routines and focus plans. Most members took advantage of the performance routine and focus plan. However, since I found some members' performance routine needs to modify to make it more effective, offering continue education seminars that include not only kendo skills seminar but also sport science will help future youth members develop. To extend this positive impact in the SEUSKF, using these techniques in each dojo is important.

Based on the interviews, there are several things we can take advantage of next three years to develop future youth members and the members in other divisions.

- 1. Continuous mental training and sport science seminar will be helpful for youth members to learn how to manage the physical and mental condition.**
  - a. One seminar positively affected the members to change their behaviors
  - b. More detailed explanations and practice are needed to effectively use performance routine, focus plan, and some other mental training techniques.
  - c. These methods are applicable to adult kenshi as well.
- 2. Using mental training in practice will help youth members effectively develop kendo skills and increase quality of practice.**
  - a. Effective goal setting helps them make daily practice more purposeful.
  - b. Organized imagery practice develops imagery skills that develop sense of the body.
  - c. Learning where they pay attention helps them control their focus (ex, pay attention to what they do, but not who they are).
- 3. A support system in which the members are encouraged to practice performance routine increases chances to practice performance routine and focus plan.**

- a. The members who were encouraged to use performance in their dojo had solid focus plan and thorough performance routine.
- b. At the last team practice, the head coach and the assistant coach constantly encouraged the members to use performance routine.

#### Take Home Message to Dojo

- Considering warm-up and cool-down.
  - Understand purposes of static and dynamic stretching (these purpose are different).
- Practice performance routine in shiai geiko (simulation matches, mock shinsa, tryouts, etc).
- Discussing about what the dojo members want to accomplish, what they specifically want to improve, and what they need to learn (waza, ashi-sabaki, and any other things).

#### Potential Topics to the Sport Science Seminar

1. *Reflection practice* to increase quality of the practice
2. *Goal setting* to make the practice purposeful
3. *Performance routine* to be focused before matches
4. *Focus plan* to avoid wondering while waiting for matches and to stay focused
5. *Imagery* for simulation and development of kendo skills
6. Learning how to control *motivation* to kendo
7. *Progressive Muscle Relaxation*, as a relaxation technique

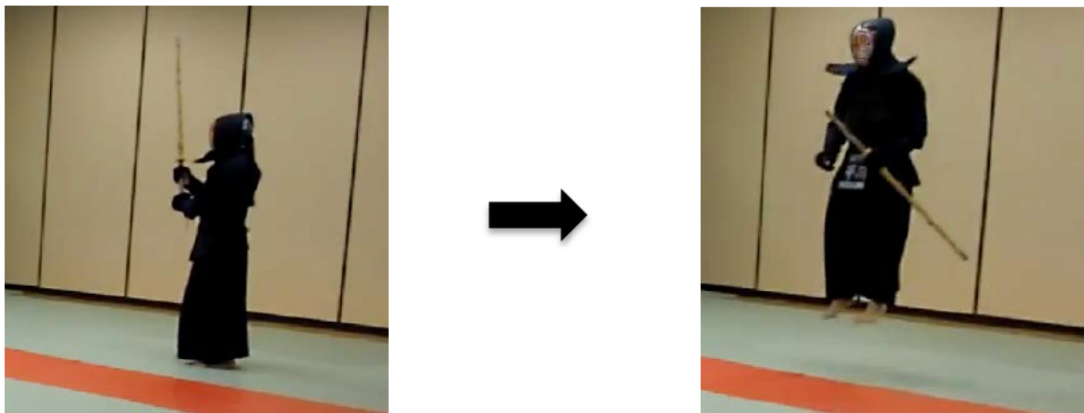
#### Conclusion

Based on what I discussed above, I believe this is a great chance to apply mental training to kendo practice in the SEUSKF. As the federation continuously provides opportunities for the members to learn mental training and sport science, future SEUSKF members easily apply what they learn to the next national tournament. In other words, it differs from other federations, as many other federations (except Southern California) might not make use of mental training and any other sport science methods. As youth members successfully performed at the Jr. Open and the National Tournament, applying mental training and sport science to adult members can promote the kendo level in the SEUSKF.

## Applications

### How Do You Come up with Your Performance Routine?

- Simple moves.
- It is better that you can do the performance routine even in the limited space.
- If you are not sure how to decide the moves, recall what you usually do in a situation (ex, right before the matches, one match before, etc.). If you find certain things you do usually (suriashi, deep breath, suburi, etc), you can take advantage of them.
- Once you decide the movements as your performance routine, practice in consistence.
- While you are doing the performance routine, fully pay attention to the movements.



Look at the shinai, and the sight shifts from shinai to beyond the shinai. And then, jump three times.

### Trying to Do "Not to do" is Difficult to Stay Calm and Focused

Do not see the picture below. No matter what, DO NOT SEE. You might not see, but your attention might be driven to the picture below. Instead of thinking of "not to do", decide what to do. For instance, instead of "not to move a lot" to stay calm, do deep breathe or do static stretching. Instead of trying to do "not to do", it's better to decide particular things (deep breaths, suburi, suriashi, stretching, etc).



Cool down link:

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