

## *About Kendo*

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During Japan's feudal period, the teachings of the sword was called *Kenjutsu*, or the art of the sword. Training in Kenjutsu was dangerous and many students ended up accidentally wounded, maimed, or even killed.

The great masters of the Edo period (1603 - 1867) have been credited with the initial designs to protect students. These designs included protective practice armor (*Bogu*), a wooden sword (*Bokken or Bok-to*), and the bamboo sword (*Shinai*). Aided by the protection, students began to make considerable progress in their training as they could concentrate on their strikes without fear of injuring or being injured. The new advances required new methods for teaching and the "art of the sword" became the "way of the sword" or Kendo.

The next major historical event came around 1870 with the end of feudalism in Japan and the end of the legal protections of the samurai class. Unemployed, samurai began traveling the country putting on sword fighting demonstrations to the general public. Aroused by the demonstrations, Japan passed a law in 1871 requiring Kendo to be taught in public schools. In 1909, the first college Kendo federation was founded and in 1928 a national Kendo federation was formed.

Today, Kendo continues to draw millions of participants in Japan. It is played competitively on the national, collegiate, and high school level. Corporations, government organizations, and local communities sponsor Kendo teams and practices. Throughout the world, Kendo is becoming a popular martial sport with internationally recognized Kendo federations in 44 countries.

The Pacific Northwest Kendo Federation was formed to promote and provide training opportunities in Kendo. The 21 member clubs are located in Idaho, Oregon, Washington, Montana and Alaska. We sponsor monthly inter-club practices, special training clinics, international exchange programs, promotion boards, and the PNKF annual tournament. Through our association with the IKF and AUSKF, we offer an opportunity to become a member of the United States National Team and participate in the World Kendo Championships.

The strength of the PNKF lies with its members. We have over 300 members with diverse backgrounds and exciting outlooks on life. These members have committed themselves to their training and this commitment includes assisting you in the development of your Kendo. There are many Kendo clubs within the PNKF, and while each club is an independent organization, your membership in the PNKF will allow you to practice at any PNKF club.

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## *About You and Kendo*

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There are three common apprehensions people have about martial arts: their ability to practice given their current physical condition, the cost associated, and the fear of the unknown. As with many things, once explained, demonstrated, and shown, there is little to justify the concern.

Beginning Kendo students can be in just about any physical condition when they start. The beginning Kendo practice is an introduction in the basics of Kendo footwork and swinging the sword. This period will build stamina and coordination and serve as the foundation of your future abilities. Moving from the beginning basic practice to full practice will be decided by your club Sensei. Once in full practice, some participants, especially if they are planning to play on the national level, should supplement their training with cross conditioning. People concerned with their own "perceived" physical limitation should look to the Kendo practitioners who participate and excel in the sport missing arms or legs. These Kendoists understand that a limitation is only a challenge waiting to be overcome.

The costs associated with beginning Kendo are extremely low. Currently, all PNKF clubs are non-profit organizations operating through a local Parks and Recreation department, school, or funded by membership dues to cover facility rental. Before you commit to a Kendo group, please visit any club you may be interested in to determine which one best fits your individual style, work schedule, and Kendo interests.

People often view Kendo with a little anxiety because Kendo is a full contact sport played at high speed with the purpose of striking the other player with a bamboo sword. However, Kendo is practiced under a very stringent set of rules that are strictly enforced. Respect for others, respect for the club, self-respect, and honoring the traditions of Kendo keep tempers down and injuries rare. The objectives of Kendo are: train the mind and body, build a strong soul, strive relentlessly for improvement, respect human courtesies, interact with others with sincerity, and strive for personal accomplishment.

Committed students find a life of friendships, personal accomplishments, and international experiences that can be directly traced to their involvement in Kendo.

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## Clubs of the Pacific Northwest Kendo Federation

Please visit [www.kendo-pnkf.org](http://www.kendo-pnkf.org) for more information

### Alaska Kendo Club

Alaska Budokan  
7751 King Street  
Anchorage, AK 99518  
Contact: Masa Ando (907) 333-7753  
hai4690@alaska.net

### Bellevue Kendo Club

Highland Community Center  
14224 Bel-Red Road  
Bellevue, WA  
Contact: Jeff Marsten (206) 246-2239  
jmarsten@hotmail.com

### Big Sky Kendo Kai

Main Street School Gymnasium  
306 E. Main  
East Helena, MT  
Contact: Lance Clifford (406) 439-8029  
oscartim@yahoo.com

### Cascade Kendo Kai

Mercer View Community Center  
8234 S.E. 24th Street  
Mercer Island, WA  
Contact: Gary Imanishi (425) 643-0714  
cascadekendokai@juno.com

### Everett Community College Iaido

Seitei and Muso Shinden Ryu  
Everett, WA 98201  
Contact: Dick Anderson (425) 334-8524  
or ECC Continuing Education(425) 388-9214

### Highline Kendo Kai

White Center Field House  
1321 S.W. 102nd Street  
Seattle, WA  
Contact: Jeff Marsten (206) 246-2239  
jmarsten@hotmail.com

### Idaho Kendo Kai

West Family YMCA  
5959 North Discovery Place  
Boise, ID  
Contact: Steven Roosevelt (208) 939-0693  
DrTRoosevelt@aol.com

### Kent Kendo Club

Kent Commons Recreation Center  
Green River Multipurpose Room  
525 4th Avenue N.  
Kent, WA  
Contact: Curtis Marsten (206) 878-1880  
cvmarsten@w-link.net

### Meadowbrook Kendo Dojo

Meadowbrook Community Center  
10750 30th Avenue N.E.  
Seattle, WA  
Contact: Richard Carroll (206) 767-4056  
rckc@aon.net  
or Pat Murosako  
patmurosako@earthlink.net

### Musokai

Muso Shinden Ryu Kenkyu Kai  
Washington Shotokan Karate  
12754 Bel-Red Road, Bellevue, WA  
Contact: Tatsuhiko Konno (425) 823-1666  
or Andre Dulce, sensei@washotokan.com

### Northwest Kendo Club

Magnolia Community Center  
2550 34th Avenue W.  
Seattle, WA  
Contact: Shinichi Koike (425) 778-4328  
skoike1@comcast.net

### Obukan Kendo Club

Greenburg Road Jazzercise  
10855 S.W. Cascade Blvd.  
Tigard, OR  
Contact: John Hancock (503) 443-2281  
Hancock200@cs.com

### OSU Kendo Club

Oregon State University  
Dixon Rec Center  
Corvallis, OR  
Contact: Kent Enfield  
enfield@engr.orst.edu

### Pocatello Kendo Club

Greenacres Elementary School  
1250 East Oak Street  
Pocatello, ID  
Contact: Jonathan Byrd (208) 233-2494  
jon@isu.edu

### Puyallup Kendo Club

Puyallup Recreation Center  
808 Valley Ave. N.W.  
Puyallup, WA  
Contact: Thomas Antush (253) 537-1277  
tjantush@hotmail.com

### Seattle Kendo Kai

St. Peter's Episcopal Church Gym  
1610 S. King Street  
Seattle, WA  
Contact: Kiyoshi Yasui (206) 722-8214  
or Moselle Horiuchi (253) 639-2789  
osellehoriuchi@hotmail.com

### Sno-King Kendo Club

Seattle Parks Department  
Bitterlake Community Center  
13035 Linden Ave N  
Seattle, WA 98133  
Contact: Chris Weaver (425) 483-6545  
chweaver@w-link.net

### Spokane Kendo Club

West Central Community Center  
1603 N. Belt  
Spokane, WA  
Contact: Russ Sinclair (509) 465-5207

### Tacoma Kendo Club

South Park Community Center  
4851 S. Tacoma Way  
Tacoma, WA  
Contact: Moki Yoshikawa (253) 565-2896  
mokiyosh@comcast.net

### Kendo Club at the University of Washington

Studio 216 in the IMA  
University of Washington  
Seattle, WA  
Membership restricted to UW students, faculty, or staff  
Contact: Nate Jacobson (425) 218-8599  
natejake@u.washington.edu  
or David Yotsuue (425) 226-4296  
yotsukendo@aol.com

### Kendo Club at Washington State University

Smith Gym Room 21, WSU  
Pullman, WA  
Contact: Michael Dexter (509) 335-7218  
dexter@mail.wsu.edu

# Pacific Northwest Kendo Federation



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Original Artwork by Trisha Tsutakawa

Affiliated Member of the  
International Kendo Federation (IKF)  
All United States Kendo Federation (AUSKF)

<http://www.kendo-pnkf.org>

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