

Wahiawa Kendo Club Bulletin - July 2024

lai-do seminar was held in Okayama, Japan, from June 4th through 9th participated by 9 Hawaii people followed with the examination on the last day where all 9 passed lai-do examinations. They were Dr. Edwin Muranaka and Rev. Akihiro Okada for 4 Dan, Tusha Buntin and Carl Nakamura for 2 Dan, Katsumi Takemoto for 1 Dan, Leighton Ogawa, Sean Kimizuka, Melvyn Naidas and Matthew Takemoto for 1 Kyu. Congratulations to them. We are very fortunate that Late Dr. Noboru Akagi's close connection with Yamashibu Kazunori Sensei and his younger brother Hiroshi Sensei made this possible. According to participants, the seminar was very good and they treated Hawaii people well with their hospitality. They are anxious to go back to study more in the future.

Leeward Oahu Kendo Tournament was held on Sunday, June 23 at Mililani District Park Gym. Our Club's own Tusha Buntin Sensei came in 2nd in Master's Division. Buntin Sensei has been very busy with his work but continues to create time to practice. We were honored that Sasaki Hiroshi Sensei with his wife Keiko Sensei came from Akita to assume Shinpan-cho position. They visited dojos every day while In Hawaii to give valuable instructions.

Team Hawaii for 19th World Kendo Championships in Milan Italy were organized. Delegation Leader - President Yukimasa Furutani, Managers - Garrett Matsumoto and Neil Shimabukuro, Coaches - Yuichi Miura and Christopher Goodin, Men's Team members - Seth Harris, Braxton Fukutomi, Yoshiaki Goya, Lonny Hancock, Keenan Nishioka, Brandyn Matsumoto and Gabriel Hart, Women's Team members - Tina Kaku, Erika Hill, Genevieve Antaya, Mari Shimabukuro and Abigail Mejia. Good luck to them. Make friends. Enjoy the trip and stay safe.

Yamakita Shiro Sensei, Renshi 6 Dan, with Japan Maritime Self-Defense Force is around Hawaiian water on his ship Haguro now to the middle of August to participate in RMPAC2024. As usual, he will find time to visit Hawaii Kendo Dojo to practice when he is on shore break. Please welcome and extend Hawaiian hospitality to him when he visits your dojo.

I am excited to anticipate Kenshikan member, Mr. Ryo Hijikata's parents, Mr. And Mrs. Masamitsu Hijikata visiting this summer. I do not have dates of their stay, yet. Hijikata Sr.'s kendo is simply amazing. When he comes, go and ask his lesson.

Ono Tomohide Sensei of Saitama will arrive in Honolulu on August 10. Please welcome and practice with him when he visits your dojo.

Pacific Northwest Kendo Federation announced that their tournament will be held on Saturday, November 2 at Kent Commons. Mark your calendar and check if you can participate or not.

I am amazed those who show up to dojo regularly. Kendo is good for our health. It will keep our cardiovascular as well as leg and arm muscles in good condition. We are going to live long time with fairly healthy body. It is good to **exercise** through kendo, However, we have to **practice**. Your **practice** is to have you set up objectives or goals, then practice to get better. Even older persons like me may get better if we set up our objectives and work at them. That is why we keep on practicing for improvements till we die.

Iwao Sato

Chief Instructor - Wahiawa Kendo Club