

Wahiawa Kendo Club Bulletin - December 2025

We had only 3 participants from Hawaii in Pacific Northwest Kendo Federation Tournament on Saturday, November 1. Carter Goodin came in 3rd in 10 - 12 years old Division and Junior Team he was recruited placed 3rd. Maddy Goodin was very good enough to place in 3rd in Women's Kyu Division and Senior Team she joined came in 2nd. Jared McCann was best eight losing to the person who came in 1st in 1-2 Dan Division. Congratulations to them.

Okayama Iai-do Club invited 5 Hawaii Iai-do practitioners for their seminar and examination from October 28 to November 3. At the last day, they had examinations when Keith Ordonez and Corey Kahalewai passed 1 Kyu, Melvyn Naidas and Leighton Ogawa passed 2 Dan and Colin Maruoka passed 3 Dan. Congratulations!

Our Club member, David Sato, passed Kendo 6 Dan examination in Nagoya, Japan on November 9. We were very happy for his accomplishment.

Our Club did not have any participant in successfully executed Aiea Taiheiji Kendo Club Tournament on Saturday, November 15.

Hawaii Kendo Federation 1 Kyu and Dan examination was held on Sunday, November 16. The passing rate was very high. Keep on looking for upper rank by practicing.

Mrs. Hongo Naomi, Kendo 5 Dan, from Fukuoka visited Hawaii Daijingu Kendo Club on November 29. I was surprised to see her speed and jumping power.

Former Hawaii student Mr. Suzuki Yusuke came to Honbu Dojo practice on Sunday, November 30. He is now a policeman in Chiba Prefecture. He has not forgotten his Hawaii Kendo roots.

Wahiawa Hongwanji Mission Year-end cleaning on Sunday, December 14 from 9AM - 12 Noon. Please help them if you are available. They are very nice for having us use their Social Hall for our practices.

Kamiya Akihiro Sensei with his family will arrive in Hawaii on December 20 and leave on 26. We are very fortunate to have him at our Dojo on Monday, December 22. Come and join us.

Thank you for your help with our annual fund raise, Zippy's ticket sale. We will be using fund raised not only for our operating costs but for promoting Kendo in Hawaii.

A longevity doctor said that they did not teach in his medical school 25 years ago exercises nor nutritions. That is why many medical doctors depend on medication and surgeries rather than coaching patients for life style changes to prevent or cure ailments. Recently my primary care physician suggested me to go and see physical therapist who cured or greatly reduced my clonic pain with stretching my right hip which comes out 30 minutes after starting kendo practice. My attitude before had been to tell myself that pains were evidence of being alive. But, it is so nice to practice kendo without developing pains soon after starting.

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