

## Wahiawa Kendo Club Bulletin - November 2023

We are very happy and proud of Dr. Braxton Fukutomi who came in 2nd with 1 point loss fought with Japan champion in World Combat Games in Riyadh in Saudi Arabia on October 29 and 30. We are talking about Dr. Fukutomi who is busy working as a full time physician and teaching in his club while maintaining high caliber kendo.

Pacific Northwest Kendo Federation 47th Annual Invitational Kendo Championships were held on Saturday, October 28 with 280 participant and 26 Senior Teams. Hawaii participants were Abigail Mejia, Brandyn Matsumoto, Issei So, Erika Hill, Sean Repp, Kevin Chun and Seth Harris. Majority of them advanced but none of them ended up placing except Issei So who was 2nd in 3 Dan Division. We faced Renfrew from Vancouver, Canada, as same as last year in team matches in final. We tied with numbers in winning and points. Team could not decide who would represent one point sudden death match and called me for the opinion. I told Issei So, "You did not get Championship in your division. You go and bring Championship to our Team." He took beautiful *hiki do* point from other captain. We got it back Championship.

Aiea Taiheiji Kendo Club Tournament is on Saturday, November 18 at Halawa District Park Gym. Participants from our club are Peyton Ching, Jason Bryant and Tusha Buntin.

Hawaii Kendo Federation *Kyu/Dan* examination is on Sunday, November 19 at Halawa District Park Gym. From our club, 2 persons will take examinations. Practice, and good luck to them.

Nishikawa Takakazu Sensei, Kendo 7 Dan, from Hong Kong will visit Honbu Dojo on Sunday, November 26. Welcome him and come, practice with him.

Ono Tomohide Sensei from Saitama will be in Hawaii from December 15 through 19. When he visits your dojo, welcome him and practice with him.

The invitation by Tsuyama Budo Gakuen in Okayama for Martial Arts related Tourism promotion tour from December 8 through 11 was accepted by some Hawaii Kendo people. Learn some interesting histories and enjoy the tour.

Zippy's ticket sale is in final stretch. Tickets are good till November 19 with 5 day grace period. We subsidized expenses for Team Hawaii's participation in PNKF Tournament from this sale. Thank you for your help. If you need more tickets, contact me. If you receive some tickets and cannot get rid of them, return unsold tickets to me by November 15.

A person asked a centurial lady the way to live long. She answered, "I go to Church to pray every day." The person said, "So, God made you live long!" She replied, "No, I go to Church to pray every day!" He found out that she had to make a thousand uphill slope steps to get to her Church. Moving your body or exercise is very important. Dr. Clarence Yee presented us topics of his mission trip to Fiji for creating and maintaining healthy life. He mentioned the danger of obesity, being overweight and lack of exercises. He explained good diet like Mediterranean diet and Okinawan people's food sources. He showed BMI (Body Mass Index) to be one of good measurements of how you manage weight. Keep on practicing kendo with your ability. Do not stop. We can have a healthy, active life by practicing kendo moderately without injuries.

Iwao Sato

Chief Instructor - Wahiawa Kendo Club.  
Club website - [www.wahiawakendoclub.com](http://www.wahiawakendoclub.com)