



IAIDŌ COMMITTEE

is pleased to announce

2021 PNKF West Coast Iaidō Seminar & Shinsa (Up to 4 Dan)

Friday – Sunday, September 24-26, 2021

Rain City Fencing Center • Bellevue, Washington

A message from the
PNKF Iaidō Committee Chair

Warm greetings, fellow Iaidoka! The PNKF Iaidō Committee is very excited that the nation is gradually re-opening following a difficult period. Many of us found it challenging or impossible to continue practice of our beautiful art of Iaidō in recent months. With vaccinations finally available, and case numbers greatly reduced, we are finally in a position to re-engage our passion for Japanese swordsmanship.

The PNKF Iaidō Committee, in consultation with AUSKF leaders, state and local recommendations, and our venue provider, has carefully designed an event that balances safety with a unique opportunity to study with many of the top instructors in North America. We are pleased to welcome as lead instructor and shinsain-cho **Shozo Kato Sensei** (Iaidō Kyoshi 7 Dan). In addition, we are very excited at the prospect of a deep bench of additional instructors including **Tatsuhiko Konno Sensei** (Kyoshi 7 Dan), **Russell Ichimura Sensei** (Renshi 6 Dan), **Robert Stroud Sensei** (Renshi 6 Dan), **Jason Hankins Sensei** (Renshi 6 Dan), **Cynthia Tanabe Sensei** (6 Dan), and the many fine Iaidō instructors from PNKF and across the nation. This amazing assembly of experienced and enthusiastic instructors are joining together to create an opportunity to test for ranks up to 4 Dan at the regional level and provide us with a focal point to kick-start our practice back into high gear. Our sincere hope is that this event will reinvigorate everyone's Iaidō practice.

Please join us September 24-26 in Bellevue, Washington as we re-dedicate ourselves to the joys and benefits of Iaidō training at the very highest levels. We invite you to rekindle friendships and to be inspired.

I look forward to seeing you soon!

A handwritten signature in black ink, appearing to read "Jonathan Bannister".

Jonathan Bannister, Renshi 6 Dan

Pacific Northwest



Kendo Federation



2021 PNKF West Coast laidō Seminar & Shinsa (Up to 4th dan)

Rain City Fencing Center - Bellevue, Washington – September 24-26, 2021

The Pacific Northwest Kendo Federation and PNKF Iaidō Committee present the **2021 PNKF West Coast Iaidō Seminar & Shinsa**, Friday through Sunday, **September 24-26**, featuring **Shozo Kato Sensei**, Iaidō Kyoshi 7 Dan from Shidokan New York. This event will offer **Shinsa up to 4th Dan**.

Step up your practice with help from a powerful assembly of national and regional instructors

Tatsuhiko Konno Sensei (Kyoshi 7 Dan), **Russell Ichimura** Sensei (Renshi 6 Dan), **Robert Stroud** Sensei (Renshi 6 Dan), **Jason Hankins** Sensei (Renshi 6 Dan), **Jonathan Bannister** Sensei (Renshi 6 Dan), **Cynthia Tanabe** Sensei (6 Dan), and PNKF Iaidō instructors **Masayasu Ando** Sensei (5 Dan), **Karin Feddersen** Sensei (5 Dan), **Hiroaki Fukumoto** Sensei (5 Dan) and others.

Join us at what promises to be a grand Iaidō event!

*With fabulous instruction from a deep bench of senior instructors,
Hospitality and enthusiasm from the Pacific Northwest Iaidō community,
And the first-ever opportunity to test up to 4th Dan at the regional level.*

The PNKF is committed to offering a safe and rewarding experience for all. We will observe a comprehensive Covid risk mitigation and safety protocol - carefully developed by the Iaidō Committee in consultation with AUSKF and Rain City Fencing Center - that include advice from the CDC, State, and local health agencies. Participants must be current AUSKF members. We highly recommend vaccination. Participants and guests will be subject to a daily temperature screening and asked to fill out a health questionnaire at the door. Attendees will be required to wear masks that cover nose and mouth and must agree to follow the safety protocols outlined in this registration package. Participation is at-will, and those who might be at greater risk are advised to consult their medical care provider before registering. Withdrawal from the seminar or shinsa for reasons of illness shall be honored without penalty and all fees returned.

The PNKF Iaidō Committee thanks everyone in advance for the cooperation needed to ensure this event is as safe as possible.

2021 PNKF West Coast laidō Seminar & Shinsa Seminar Information

Friday, September 24 – Sunday, September 26, 2021

Location

Rain City Fencing Center, 1776 - 136th Place NE, Bellevue, WA 98005

Schedule

Fri	6:30 PM	Registration Open	Sun	9:15 – 9:50 AM	Sword Checks
	6:30 -7:00 PM	Sword Checks		10:00 – 10:25 AM	6 and 7 Dan Embu
	7:00 – 9:00 PM	Pre-Seminar laidō Class		10:30 – 12:00 AM	Seminar
Sat	9:00 AM	Registration Open	12:00 - 1:30 PM	Lunch Break	
	9:15 – 9:50 AM	Sword Checks	1:00 – 2:00 PM	Supervised Open Floor	
	10:00 – 12:00 PM	Seminar Officially Starts	2:30 – 4:00 PM	laidō Shinsa (Up to 4th Dan)*	
	12:00 – 1:30 PM	Lunch Break	4:00 – 4:15 PM	Closing Ceremony	
	1:30 – 4:00 PM	Seminar			

Notes

*Shinsa candidates must be current members of AUSKF or obtain written permission from their national Kendo Federation.

In consideration of the risks associated with Covid-19, no Saturday party will be organized at this event. There are many fine restaurants in the area offering both dine-in or take-out opportunities. A list of our suggestions is included at the end of this registration package.

Deadlines / Cost / Payment:

Applications and fees must be received at the address below by **Saturday, September 11**. A flat fee of \$110.00 will be charged for all participants attending the seminar. **Test fees must be submitted by separate check**; for test fees and application information, see “PNKF laidō Shinsa Information and Application” in this package. Make all checks payable to “Pacific Northwest Kendo Federation”.

Cancellations and Refunds:

Requests for cancellations are requested to be received no later than Saturday, September 18, 2021. Cancellations received after this date for any reason other than illness will not return the fees. If special circumstances arise, please notify the Event Coordinator as soon as possible. For Shinsa cancellations, please refer to the **PNKF laidō Shinsa Information and Application form** in this package.

Contact / Questions:

Hiroaki Fukumoto, Event Coordinator
16551 8th Ave NE
Shoreline, WA 98155
Email: hirof@comcast.net
Phone: (206) 369-5515

2021 PNKF West Coast laidō Seminar & Shinsa
Seminar Application Form

Friday, September 24 – Sunday, September 26, 2021
Application Fees are due by **Saturday, September 11, 2021**
Please make checks to “Pacific Northwest Kendo Federation”

Name: _____

Address: _____

(Street) _____

(City) _____ (State) _____ (Zip) _____

Best Phone: _____ E-Mail: _____

Dojo: _____ Federation: _____

Current laidō Rank: _____ (Kyu / Dan) Date of Birth: _____

Name of Parent or Guardian (if under 18 years of age): _____

Emergency Contact

Name: _____ Relation: _____ Phone: _____

Seminar Fee (not test fees)

\$110.00: Check or money order made to “Pacific Northwest Kendo Federation”

WAIVER OF LIABILITY

I, the undersigned, intending to be legally bound, do hereby, for myself, heirs, executors and administrators, waive, release and forever discharge any claims for damages which I may incur (which may include severe injury or death), or which may hereafter accrue to me, against the Pacific Northwest Kendo Federation, along with their members and agents for all or any damages which may be sustained or suffered by me in connection with my participation in the seminar, or arising out of transportation to and from the site of the seminar. Where the participant is a minor, I, the parent or guardian do agree to this waiver and give permission to the seminar officials to seek attention for my child in the event of sickness or injury.

I acknowledge the health risks associated with participation in laidō training, includes possible exposure to and illness from infectious diseases including but not limited to COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; I knowingly and freely assume all such risks related to illness and infectious diseases, such as COVID-19, even if arising from the negligence or fault of the Released Parties; and hereby knowingly assume the risk of injury, harm and loss associated with participation in this event, including any injury, harm and loss caused by the negligence, fault or conduct of any kind on the part of the Released Parties.

I agree to abide by Pacific Northwest Kendo Federation (“PNKF”) safety protocols including “social distancing” and wearing a face covering at all times to reduce the risks of exposure to COVID-19. Because COVID-19 is extremely contagious and is spread mainly from person-to-person contact, PNKF has put in place preventative measures to reduce the spread of COVID-19. However, PNKF cannot guarantee that participants, volunteers, partners, or others in attendance will not become infected with COVID-19.

Individuals who fall within any of the categories below should not participate in this event. By attending this event, you certify that you do not fall into any of the following categories:

1. Individuals who currently or within the past fourteen (14) days have experienced any symptoms associated with COVID-19, which include fever, cough, and shortness of breath;
2. Individuals who have traveled at any point in the past fourteen (14) days either internationally or to a community in the U.S. that has experienced or is experiencing sustained community spread of COVID-19; or
3. Individuals who believe that they may have been exposed to a confirmed or suspected case of COVID-19 or have been diagnosed with COVID-19 and are not yet cleared as non-contagious by state or local public health authorities or the health care team responsible for their treatment.

I agree to self-monitor for signs and symptoms of COVID-19 (symptoms typically include fever, cough, and shortness of breath) and to contact the PNKF event coordinator at hirof@comcast.net if I experience symptoms of COVID-19 within 14 days after participating or volunteering at this event.

Applicant Signature: _____ Date: _____
(Or, signature of parent or guardian if participant is under 18 years of age)

2021 PNKF West Coast laidō Seminar & Shinsa

Covid Safety Protocols

The PNKF is committed to offering a safe experience for all. We will observe a comprehensive Covid risk mitigation and safety protocol that has been carefully developed by the laidō Committee in consultation with AUSKF and Rain City Fencing Center. It includes measures recommended by the CDC, State health guidance, and local agencies.

Attendance, whether as participant or guest, implies consent and agreement to abide by the safety protocols established for this event.

The PNKF does not require but strongly encourages vaccination. Participants and guests will be screened at the door, are required to wear masks, and must agree to follow the safety protocols outlined in this registration package. Participation is at-will; those who might be at greater risk are advised to consult their medical care provider before registering. Withdrawal from the seminar or shinsa for reasons of illness shall be honored without penalty and all fees returned.

Attendance

- It is unlikely, but registration may be restricted to ensure physical distancing; if that occurs, preference will be given to test candidates. We will confirm registrations as soon as possible.
- Temperature checks will be conducted at the door; the AUSKF Covid-19 Questionnaire must be signed daily
- Pre-registration is required; walk-ins will not be accepted
- Attendees must be current AUSKF members or FIK affiliated members
- Spectators are allowed but will be screened and must sign the PNKF waivers and AUSKF Covid Questionnaire
- Provide your own equipment, hand sanitizer, mask, and named water bottle (the water fountains may be closed or available only to refill water bottles)
- No penalty assessed if withdrawing from the seminar or shinsa for reason of illness, and all fees will be returned.

Sanitation

- All participants are required to wear face masks that cover their nose and mouth inside the event venue
- Practice hand hygiene, especially if wearing tabi
- Cleaning supplies will be provided by the organizers, including supplies for handwashing, including soap and water or hand sanitizer with at least 60% alcohol (for staff and older children who can safely use hand sanitizer), paper towels, tissues, and disposable masks and gloves (provided for cleaning; not for participants' use during training)
- The floor and commonly-touched surfaces shall be cleaned and disinfected periodically
- Access to changing facilities and bathrooms may be limited to follow distancing guidelines

Sword Checks

- A sword check table will be provided to facilitate physical distancing
- Sword checkers will wear masks and disinfect their hands between checks

Participation

- Participants should arrive already dressed as the venue changing rooms may be closed or have limited access. Only two (2) people are allowed in each restroom at a time.
- Tabi or bare feet (but not socks) are allowed; if tabi are worn, use extra care to sanitize hands
- Participants must provide their own equipment; equipment must not be shared
- Please engage in physical distancing; floor markings will indicate where participants should stand or sit
- *Ritsurei* shall be used during the seminar instead of *zare* to minimize hand contact with the floor
- Gatherings for lectures will observe physical distancing; a microphone system will be provided so that attendees need not gather together; shouting and loud speech should be avoided to minimize droplet sprays
- Please enter the venue by the front door and leave by the double gym doors in the smaller gym. Access the upper floor by the front stairs, and descend by the back stairs.

Miscellaneous

- No food will be allowed inside the event venue
- Please limit the duration of close gatherings
- Every instructor will be asked to help monitor and encourage observance of these safety protocols. Please respect any advice offered or requests made; we are all working to create a safe environment.

AUSKF COVID-19 QUESTIONNAIRE

The safety of our members, families and visitors are our top priority. As the coronavirus disease (COVID-19) outbreak continues, the AUSKF board will monitor the situation closely and will periodically update our guideline based on current recommendations from the CDC, the WHO, the Federal and State Governments, etc. To prevent the spread of COVID-19 and reduce the potential risk of exposure to our members, families and visitors, we are requiring a simple screening questionnaire **BEFORE YOU MAY ENTER THE DOJO**. Your participation is important to help us take precautionary measures to protect you and everyone within the facility. We appreciate your cooperation.

NAME(S) OF PERSON(S) ENTERING DOJO (PRINT) 1) _____ 2) _____	PHONE NUMBERS Home: _____ Mobile: _____ Email: _____
--	---

SELF-DECLARATION BY participants and visitors

1. Do you have fever (>100.4F), or feel feverish / chill?	<input type="checkbox"/> Yes <input type="checkbox"/> No
2. Do you have cough?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3. Do you have sore throat?	<input type="checkbox"/> Yes <input type="checkbox"/> No
4. Do you have shortness of breath?	<input type="checkbox"/> Yes <input type="checkbox"/> No
5. Do you have muscle pains?	<input type="checkbox"/> Yes <input type="checkbox"/> No
6. Do you have headache?	<input type="checkbox"/> Yes <input type="checkbox"/> No
7. Do you have loss of smell or taste?	<input type="checkbox"/> Yes <input type="checkbox"/> No
8. Do you have nausea, vomiting, or diarrhea?	<input type="checkbox"/> Yes <input type="checkbox"/> No
9. Do you feel any different from usual state of health?	<input type="checkbox"/> Yes <input type="checkbox"/> No
10. Have you been diagnosed with COVID-19	<input type="checkbox"/> Yes <input type="checkbox"/> No
11. Have you been in close contact with someone diagnosed with COVID-19 or someone with suspicious symptoms described in 1-9 within the last 14 days?	<input type="checkbox"/> Yes <input type="checkbox"/> No
12. Have you or anyone close to you have traveled to regions or countries with COVID-19 major outbreak within the last 14 days?	<input type="checkbox"/> Yes <input type="checkbox"/> No

A yes answer to any of the above questions may result in the visitor being denied access to the dojo.

The participants and visitors are to follow the guidelines below.

1. Cover your mouth and nose using mask and/or shield. Change your mask before it is soaked.
2. Keep 6 feet away from each other.
3. Avoid facing each other at close distance.
4. Avoid body contact with each other.
5. Wash / sanitize your hands and feet frequently. At least before and after the class.
6. Avoid using locker room and/or restrooms while you cannot keep 6 feet away from each other. Use alcohol spray / wipe to sanitize door knobs, faucet handles, etc. Change your clothe at home.
7. Clean/ wash your equipment after each class. Clan/ sanitize the floor, table tops, door knobs, etc. before and after the each class.
8. Do not share equipment. (shinai, Bokuto, lai sword, Jo, Bogu, tenugi, etc.)
9. Do not touch your face without washing / sanitizing your hands.
10. Avoid making loud voice. Minimize conversation at close distance.
11. Take breaks to avoid heat exhaustion. Bring your own water/ drinks, and do not share.

<input type="checkbox"/> I have read and fully understood the guideline above.
--

Privacy Statement: The information contained on this document will be used by AUSKF member dojo, member federation, and AUSKF only and will not be shared with third parties. AUSKF dojo staff may make notes on the reverse side of this document.

Signature of Visitor: _____ Date: _____

Signature of Visitor: _____ Date: _____

2021 PNKF West Coast laidō Seminar & Shinsa

PNKF laidō Shinsa Information and Application

Test Date: Sunday, September 26, 2021, 2:30 pm - 4:00 pm

Location: Rain City Fencing Center, located at 1776 136th Pl NE, Bellevue, WA 98005

Testing Ranks: up to 4 Dan

Requirements

Candidates are encouraged to attend the seminar on both Saturday and Sunday if taking the laidō exam. Seminar instructors often detail elements of the art and technique that they will use during tests. Contact the event coordinator in the event of special circumstances, and we will try to accommodate.

Candidates must be current members of AUSKF or obtain written permission from their national Kendo Federation. If not AUSKF registered prior to the event, you are NOT ELIGIBLE to test at this event. The applicant's AUSKF Membership Number must be included on your application form. **If a member of a regional federation other than the PNKF**, your application must be approved by your federation president. **If applying from outside AUSKF but affiliated with FIK**, your application must be reviewed and approved by the AUSKF vice president before the exam, so the earlier these applications are received with proper documentation, the better.

Send the following items via regular postal mail to the Event Coordinator, using the mailing address listed on the Seminar Application Form.

- a. **PNKF laidō Shinsa Application Form**
- b. Essays, if required, written or printed on the "**PNKF laidō Shinsa Written Exam Form**". Please refer to the "PNKF laidō Shinsa Written Test Questions".
- c. If **special considerations** need to be made, such as for injury or medical limitations, please include a note of explanation so that this information may be given to the Examination Board.
- d. All applicable test fees must be paid in advance by **separate check**, payable to "Pacific Northwest Kendo Federation":

PNKF laidō EXAMINATION FEES	AUSKF CERTIFICATE (Menjyo) FEES	TOTAL
Mudansha 17 & under \$10.00	Mudansha 17 & under \$20.00	\$ 30.00
Mudansha 18 & over \$15.00	Mudansha 18 & over \$30.00	\$ 45.00
Yudansha \$20.00	Shodan \$50.00	\$ 70.00
	2 dan \$60.00	\$ 80.00
	3 dan \$80.00	\$100.00
	4 dan \$100.00	\$120.00

- e. (For AUSKF members outside PNKF) **Request for Kendo/laido Examination by an Affiliate Organization of the AUSKF** signed by the member federation president and a copy of your **menjyo (certificate)**
- f. (For FIK members outside AUSKF) **Approval letter from the AUSKF VP of Promotions** and a copy of your **menjyo (certificate)**

Application Deadline

Saturday, September 11. Absolutely NO late entries!

Please note that the application deadline means that all fees and documentation as well as completed application forms must be received by this date. Get yours in early to make sure there are no problems with your application. Email is not a substitute for the submission of fees and hard copy by application deadline. No .PDF files, please.

Cancellations and refunds: Requests for Shinsa cancellations, except in case of illness, must be received no later than **Saturday, September 18, 2021**. Cancellations received after this date will have only the certificate fee returned. In the case of illness, all fees will be returned. Please note that if an applicant does not pass the examination, only the certificate fee will be returned. If an applicant does not attend the Shinsa without proper notification, the Shinsa fee is forfeited, and only the certificate fee is returned. If special circumstances arise, please notify the Event Coordinator as soon as possible.

2021 PNKF West Coast Iaidō Seminar & Shinsa

PNKF Iaidō Shinsa Requirements

Adopted by the PNKF Board of Directors January 12, 2019

- Age is the minimum age as of the date of the Examination.
- Number of months of practice in rank is the minimum number of months.
- Highest rank for first test as indicated below, in principle no jumping ranks after first test.
- A lower kyu rank can be awarded if the candidate does not meet passing criteria for their first rank test, except in case of Junior 6 kyu or Adult 3 kyu, which are minimum starting ranks.
- All swords shall meet safety criteria as defined by the exam officials.

Mudansha Ranks: Juniors (age 10 and below)

- Performed with Mogitō or bokutō (bokken), use of shinken not permitted.
- 6 Kyu: 8 years of age; 6 months practice
Perform AJKF Seitei Iai reihō and kata #1 and #2
- 5 Kyu: 9 years of age; 12 months practice (or 6 months in previous rank)
Perform AJKF Seitei Iai reihō and kata #1 thru #3
- 4 Kyu: 10 years of age; 12 months practice (or 6 months in previous rank)
Perform AJKF Seitei Iai reihō and kata #1 thru #4

Mudansha Ranks: Adults (age 18 and up), Juniors (age 11-17)

- Adult first test can be either 3 kyu or 2 kyu, however the highest rank adult first test is 2 kyu.
 - First rank tests above 2 kyu require approval by the PNKF President.
 - Mogitō required, use of shinken (sharp sword) not permitted.
- 3 Kyu: 11 years of age; 12 months practice (or 6 months in previous rank)
Perform AJKF Seitei Iai reihō and five (5) AJKF Seitei Iai from kata #1 thru #10
- 2 Kyu: 12 years of age; one year total practice (or 6 months in previous rank)
Perform AJKF Seitei Iai reihō and five (5) AJKF Seitei Iai from kata #1 thru #10
- 1 Kyu: 13 years of age; 6 months in previous rank
Perform AJKF Seitei Iai reihō and five (5) AJKF Seitei Iai from kata #1 thru #12
Written test

Yudansha Ranks: Adults (age 18 and up), Juniors (age 14-17)

- Mogitō required, use of shinken with permission of shinsa panel chair.
- 1 Dan: 14 years of age; 6 months in previous rank
Perform AJKF Seitei Iai reihō and five (5) AJKF Seitei Iai kata within 6 minutes
Written test
- 2 Dan: 15 years of age; 1 year as 1 Dan
Perform AJKF Seitei Iai reihō and five (5) AJKF Seitei Iai kata within 6 minutes
Written test
- 3 Dan: 17 years of age; 2 years as 2 Dan
Perform AJKF Seitei Iai reihō and five (5) AJKF Seitei Iai kata within 6 minutes
Written test
- 4 Dan: 19 years of age; 3 years as 3 Dan
Perform AJKF Seitei Iai reihō, one (1) Kōryū kata of candidate's choice, and four (4) specified AJKF Seitei Iai kata within 6 minutes
Written test

laidō Shinsa Examination Panel:

Dan Examination	Examiners	Number	Criteria
Kyu – 1 Dan	4 Dan and higher	5	Consent of 3 examiners
2-3 Dan	5 Dan and higher	5	Consent of 3 examiners
4 Dan	Renshi 6 Dan and higher	6	Consent of 4 examiners

Notes:

- The Shinsain-cho, with assistance from the laidō Committee Chair as needed, will determine which Seitei Kata will be performed.
- Kōryū is determined by examinee.
- Age is the minimum age as of the date of the Promotional Examination. If the applicant's birthday is within one (1) month of the Promotional Examination, the applicant will be eligible.
- Number of months of practice or months in rank is the minimum number of months. The amount of time in the previous rank must be within 15 days of the required time.
- Highest rank for first test as indicated above, in principle no jumping ranks after the first test.
- A lower kyu rank can be awarded if the candidate does not meet passing criteria for their first rank test, except in the case of Junior 6 kyu or adult 3 kyu, which are minimum starting ranks.
- All swords shall meet safety criteria as defined by the exam officials.
- The written exam essay must be submitted in English.
- Written examination questions and instructions will match the most current laidō shinsa information published by AUSKF.
- Candidates shall submit their written answers the day of the test at shinsa registration.
- The written examination will be graded as either pass or fail by an appointed representative of the Shinsain-cho.

2021 PNKF West Coast laidō Seminar & Shinsa PNKF laidō Shinsa Written Test Questions

Answer two questions from the group of questions for the rank for which you are testing.

First Kyu Candidates:

1. List the names of the twelve All Japan Kendo Federation laidō kata. Include a short English translation for each.
2. Describe the proper way of gripping the katana when cutting.
3. Why are you studying laidō? What do you hope to accomplish?

Shodan Candidates:

1. *Tsuki* (thrusts) occur in five of the ZNKR lai kata. Name these katas, and identify the target areas.
2. Draw a simple diagram of a katana, label as many parts as you can.
3. What is *kirioroshi*? Describe its use in one All Japan Kendo Federation laidō kata.

Nidan Candidates:

1. Discuss *zanshin*. Describe its use in one All Japan Kendo Federation laidō kata.
2. The blade of the katana is divided into 3 parts; describe the use of each part.
3. What is meant by the term *lai-goshi*? Describe its use in one All Japan Kendo Federation laidō kata.

Sandan Candidates:

1. What is *metsuke*? Describe its use in one All Japan Kendo Federation laidō kata.
2. Describe how to clean a sword (*shinken* and/or *iaito*).
3. Discuss *jo-ha-kyu*.

Yondan Candidates:

1. Define *hasuji* and discuss its importance in laidō.
2. What is *saya biki*? Why do we use it?
3. Explain *fudo-shin*.

2021 PNKF West Coast laidō Seminar & Shinsa
PNKF laidō Shinsa Application Form

Test Date: Sunday, September 26, 2021

Application forms and fees are due by **Saturday, September 11, 2021**

Please make checks out to "Pacific Northwest Kendo Federation"

*Last Name: _____ *First Name: _____

*AUSKF ID #: _____ **as exactly registered in AUSKF (www.unitedstateskendo.com)*

Address: _____
(Street)

(City) (State) (Zip)

Best Phone: _____ E-Mail: _____

Dojo: _____ Federation: _____

Date of Birth: _____ Sex (M/F): _____

Requested laidō Rank: _____ (Kyu / Dan)

Current laidō Rank: _____ (Kyu / Dan) Date Received: _____

Date Started laidō (only if this is the applicant's first exam): _____

Date of Previous Exam (only if the Requested Rank has been attempted previously): _____

How Often Attends Practice (Times per Week or Month): _____

Special Condition (injury, medical condition, etc.): _____

Examination Fees: \$ _____ **Certificate Fees:** \$ _____ **Total Test Fees:** \$ _____

(Signature) _____

Print Name: _____ Date: _____

For AUSKF members outside PNKF

Preapproval from the member federation president is required. See the document other AUSKF federation promotion request form (https://drive.google.com/open?id=12GYFnjFNlfYaaHXO0QggD_IC2n2WXzB6).

Submit the signed copy of this form and a copy of your menjyo (certificate) together with your shinsa application.

For FIK members outside AUSKF

Preapproval from the president of your FIK affiliated organization and from the AUSKF VP of Promotions is required. See the Application Request Form for Promotion Examination from FIK affiliated Organizations

(https://drive.google.com/file/d/12LEbaUjcxzXTb4HkR_0M0qx7SpQy3CgA/view).

Submit the letter of approval from AUSKF and a copy of your menjyo together with your shinsa application.

2021 PNKF West Coast laidō Seminar & Shinsa
PNKF laidō Shinsa Written Exam Form

Name: _____ Requested Rank: _____ Test Date: _____

AUSKF ID #: _____ Shinsa ID #: _____ (Official use only)

Write each question, together with answers, in English only. Handwritten or computer processed submissions are acceptable.

Question 1

Answer:

Question 2

Answer:

Please use the back side if you need additional space.

2021 PNKF West Coast laidō Seminar & Shinsa Area Hotels

These hotels are close to the event location. Prices shown were the most recent available at the time this list was compiled (5/23/2021), but are best used only for comparison. Please call to confirm.

Quality Inn Bellevue - \$119

3241 156th Ave SE, Bellevue, WA 98007

Phone: (425) 643-6644

Extended Stay America - Seattle - Bellevue - Downtown - \$85

11400 Main St, Bellevue, WA 98004

Phone: (425) 453-8186

Red Lion Hotel Bellevue - \$85

11211 Main St, Bellevue, WA 98004

Phone: (425) 455-5240

Hyatt House Seattle/Bellevue - \$137

3244 139th Ave SE, Bellevue, WA 98005

Phone: (425) 747-2705

Embassy Suites by Hilton - \$129

3225 158th Ave SE, Bellevue, WA 98008

(425) 644-2500

Larkspur Landing Bellevue - \$87

15805 SE 37th St, Bellevue, WA 98006

Phone: (425) 373-1212

Restaurants

Angelo's Restaurant (Italian) \$\$

1830 130th Ave NE, Bellevue, WA 98005

Phone: (425) 883-2777

Applebee's Grill + Bar (American) \$\$

13856 Bel-Red Rd, Bellevue, WA 98005

Phone: (425) 603-9696

IHOP (American) \$\$

14747 NE 20th St, Bellevue, WA 98007

Phone: (425) 747-5975

Bellevue Brewing Company (American) \$\$

1820 130th Ave NE, Bellevue, WA 98005

Phone: (425) 497-8686

Thai Chef (Thai) \$\$

1645 140th Ave NE B9, Bellevue, WA 98005

Phone: (425) 562-7955

The Crab Pot Bellevue (Seafood) \$\$

2 Lake Bellevue Dr, Bellevue, WA 98005

(425) 455-2244

The Pumphouse Bar & Grill (Pub Grub) \$\$

11802 NE 8th St, Bellevue, WA 98005

(425) 455-4110

Gyu-Kaku Japanese BBQ (Japanese) \$\$

14506 NE 20th St #2, Bellevue, WA 98007

(425) 296-8818

Markets and Food Courts

Safeway

1645 - 140th Ave NE, Bellevue, WA 98005

Phone: (425) 373-5263

Uwajimaya Bellevue (Asian)

699 120th Ave NE, Bellevue, WA 98005

(425) 747-9012

Trader Joe's

15563 NE 24th St, Bellevue, WA 98007

(425) 641-5069

PCC Community Markets - Bellevue

11615 NE 4th St, Bellevue, WA 98004

(425) 615-0295