



Welcome and thank you for visiting our practice and considering joining Seattle Kendo Kai (SKK).

SKK is the oldest dojo in the Pacific Northwest and is the only one remaining from the early, PreWWII establishment of kendo in our region. We strive to perpetuate and teach traditional Japanese kendo along the guidelines established by the All Japan Kendo Federation (AJKF) and International Kendo Federation (IKF).

At SKK, we feel it important to offer all the aspects available to kendo practitioners including education (both in kendo and cultural exchanges), and spiritual and physical development. It is with these efforts in mind that we offer instruction in both Japanese and English languages.

Those joining SKK are expected to attend practices regularly, preferably at least once each week. SKK offers practices 3 times each week and once a student reaches a fundamentally proficient stage, they are also encouraged to visit other Pacific Northwest Kendo Federation (PNKF) or All United States Kendo Federation (AUSKF) clubs with sensei's permission.

Individual advancement really depends on the seriousness with which the student applies him/herself to practices and somewhat on their own physical condition. However, in general, the more a student practices, the faster his or her development. Beginners can start as early as 5 (depending on maturity of child) and well into their 40's, 50's, 60's or older. Our senior sensei is over 80 years young!

Each member is required to pay dues to SKK on a quarterly, half-yearly or yearly basis and yearly dues for our parent federations, the PNKF and AUSKF upon joining. These regional and national dues help offset liability insurance, special function, tournament, promotion and minor administration costs.

Dues structures are as follows (youth are 17 years old and younger):

- SKK: quarterly \$105; half-yearly \$210; yearly \$385 (youth/students: \$60; \$120; \$220)
- PNKF: \$30/year (youth: \$15/year)
- AUSKF: \$40/year (youth: \$25/year)

New students require a shinai (bamboo sword) that can be purchased from SKK and loose fitting clothes. New shinai costs range in price but usually are about \$20 and will last several months with proper care. The uniform can be purchased through many different direct and on-line Internet sources for approx. \$100 and up (top and bottom) and the new student is expected to make this purchase after a few months of basic practices. Armor purchases can also be made directly or on-line and costs range from approximately \$500 for a basic set and up. The beginning student will need to make arrangements for armor within a few weeks of practicing in uniform. In some cases, SKK has limited sets of rental armor available. Armor lasts from a few years to 20 years or more depending on how much it is used and quality.

Thank you again for your interest in Seattle Kendo Kai. Please take time to fill out our simple guest registration to help us better serve you and our community. For any further questions, please contact:

Head Instructor: **Doug Imanishi**, Renshi 6-dan, dougimanishi@hotmail.com, or

Stephen Matsuba, (206) 328-6097.

You can also check our website at www.seattlekendokai.org.

Revised: January 1, 2006