



SoA Exams Saturday July 16

2004 examinees:
From the left, Mike Sheets, Isabel Farquhar, Pamela Fuller, Greg Beatty, Lizz Roberts, Hal Sidon, Shelley Clouse, goro'sha Rob Kedoin

Photo by John Seaman

Upcoming events

- Exam weekend with Jim Sterling-sensei July 15-17
- Visit by Ito-sensei and Nicole Aug. 22-26
- Kenko taiso workshop with Ito-sensei in Langley WA Aug. 27-28,
- John, Lee, and Jim teach Shintaido and Prayer workshop SF Oct. 7-9.

Preparing for exams

Exams give you frank feedback about where you are on your keiko path, from people on the same path with more experience.

In daily keiko we work to build connection and explore new ground, so we try to make things easier for each other. Exams are different — they let us show the depth of our keiko through familiar techniques in an intentionally stressful setting.

Good luck and good keiko! -Lee

Gasshuku reports

The second edition of the Gasshuku Report is available, with a picture from Aerin, an essay from John Farquhar, and more photos from Grace.



photo by Grace

Upcoming events

We'll be holding **SoA exams the morning of July 16** this year, with Jim Sterling-sensei from the Bay Area as our guest examiner. See Lee and Lizz for details.

Late-breaking news

The NWSE Shintaido banner is at the printer's! If all goes according to plan, we'll have it for exams this year. Thanks to Isabel, Ian, and Jeanne for your hard work!

Keep a place on your calendar for the **Kenko Taiso workshop in Langley Aug 27-28 with Ito-sensei**. This workshop is designed for people of all levels of fitness, and is a great introduction to Shintaido philosophy. **Highly recommended!** Details from Paula Kerby on price and accommodations.

NWSE financial update:

May donations \$175
In the bank ≈ \$2000

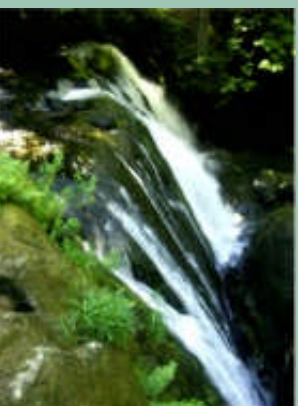


Photo by Grace

“At a base level you have to value the other – and that’s what attracted me to Shintaido.”

John Seaman