



# NWSE News

July 5, 2005 Vol. 1 No. 3



## SoA Exams Saturday July 16

2004 exam:  
Isabel Farquhar  
and Pamela Fuller  
doing dajjodan,  
goreisha Rob  
Kedoin

Photo by John  
Farquhar

## 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.

## Taking exams

The exam process is like a funnel. You put in hours and years of keiko at the top, and the process works through your body to focus that keiko into an intense few minutes on the exam field.

Most of us learned to cram in school, memorizing facts just long enough to make it through the test. In keiko that doesn't work. Relax, center, and enjoy the attention of the examiners.

**Good keiko! -Lee**

## Upcoming events

**SoA exams 9 AM July 16** at Kendall Elementary School with Jim Sterling-sensei from the Bay Area as our, semiprivate lesson for examinees in the afternoon, exam

## The NWSE banner

is done and looks GREAT! We'll have our own banner at exams for the first time this year. Thanks to Isabel, Ian, and Jeanne for your hard work!

## Gasshuku reports

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



photo by Grace

feedback in the evening, open keiko with Jim-sensei Sunday morning at Fairhaven Park. See Lizz for details.

**Kenko Taiso workshop with Ito-sensei in Langley Aug 27-28.** See Lee for details, or contact organizer Paula Kerby directly.

### NWSE financial update:

**June donations \$60  
In the bank ≈ \$1900**

**"... the martial techniques at the more advanced levels were the same as the 'spiritual' ones that drew me to Shintaido in the first place ... "**  
**Michael Thompson in Untying Knots**



Photo by Grace