



IAIDO COMMITTEE

2025 PNKF Iaidō Fall Seminar, Taikai (up to 5 Dan) & Shinsa (Kyu to 4 Dan)

Shoreline Spartan Recreation Center
202 NE 185th St, Shoreline, WA 98155

September 26 (Friday) - 28 (Sunday), 2025

Featuring a Host of Fine Instructors:

Shozo Kato Sensei (Iaido Kyoshi 7 Dan, GNEUSKF)
Tatsuhiko Konno Sensei (Iaido Kyoshi 7 Dan, PNKF)
Jason Hankins Sensei (Iaido Renshi 7 Dan, SWKIF)
Jonathan Bannister Sensei (Iaido Renshi 7 Dan, PNKF)
Robert Stroud Sensei (Iaido Renshi 6 Dan, PNKF)
Cynthia Tanabe Sensei (Iaido Renshi 6 Dan, NCKF)

Online registration/payment and shinsa information: [CLICK HERE TO REGISTER](#)
Registration deadline **Saturday, September 6**

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**For the safety of all participants, shinken (live blade) will not be permitted in the seminar.
Shinken only allowed during 5-7 Dan enbu and 3-4 Dan shinsa.**

The PNKF is committed to offering a safe and rewarding experience for all. Wearing masks and other protective gear will be respected as a personal option in both the seminar and shinsa at this event. Participant must be a current AUSKF or FIK-affiliate member. We highly recommend vaccination. 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 no longer honored. The PNKF Iaidō Committee thanks everyone in advance for the cooperation needed to ensure this event remains as safe as possible.

2025 PNKF Iaidō Fall Seminar, Taikai (up to 5 Dan) & Shinsa (Kyu to 4 Dan)

Event Schedule

Friday, September 26 – Sunday, September 28, 2025

Location

Shoreline Spartan Recreation Center, 202 NE 185th St, Shoreline, WA 98155

Schedule

Friday, September 26	6:00pm 7:00 – 9:00	Registration / Sword Checks Seminar
Saturday, September 27	8:00am 9:00 12:00 1:45 2:00 - 5:00 6:30-8:30	Registration / Sword Checks Seminar Lunch Break Group Photo Taikai (up to 5 Dan) Annual PNKF Iaido Banquet
Sunday, September 28	8:00am 9:00 9:30 12:30 1:30 2:00 - 4:00	Doors Open / Sword Checks 5-7 Dan Enbu Seminar Lunch Break Shinsa Registration Shinsa (Kyu to 4 Dan)

Deadlines / Cost / Payments

Space is limited and we may need to restrict attendance if we reach capacity. We recommend registering early.

- **Online registration deadline AND applicable fees and shinsa paperwork deadline is Saturday, September 6.**
- **Seminar:** a flat fee of \$140.00 will be charged for all participants.
- **Taikai** (0 Kyu to 5 Dan): Competitors pay \$20.00 to compete.
- The **PNKF Iaido Banquet** will be held at the same location as the seminar. The venue does not allow alcoholic beverages so this will be a “dry” event; soft drinks, coffee and tea will be provided. Northwest fare by Nourish Catering. Individual tickets are \$60.00.
- **Shinsa fees and application**, see “Iaido Shinsa Information”, page 3. **Seminar attendance is required to test.**

You will be able to pay by PayPal or credit card after completing the registration form. We can now accept international payments as well! **Don't forget to click the payment link when you finish the form** - you are not registered for the event until payment is made! If you cannot use the online payment system, please contact the Event Coordinator.

- **AUSKF members MUST be current 2025 members (April 2025 to March 2026). Verify your membership at auskf.sport80.com.**

Changes, Cancellations and Refunds

If you need to make any changes to your registration, DO NOT submit another one; contact the Event Coordinator. Requests for cancellations must be received no later than **Saturday, September 13**. Cancellations received after this date for any reason including illness will not be eligible for return of fees. Fees required by third parties in order to process refunds are the sole responsibility of the registrant. In the case of special circumstances, notify the Event Coordinator as soon as possible. For Shinsa cancellations, refer to the **Iaido Shinsa Information** page.

The PNKF reserves the right to cancel this event should unforeseen circumstances warrant. Fees are non-refundable or transferable unless the event is canceled by PNKF. PNKF will not be responsible for participants' travel expenses even if the event was canceled by PNKF. Please make flight/hotel reservations that you can cancel with a full or partial refund.

Contact / Questions

Hiroaki Fukumoto, PNKF Iaido Co-Chair and Event Coordinator

Email: pnkfaiidoevent@gmail.com

Phone: (206) 369-5515

**2025 PNKF Iaidō Fall Seminar, Taikai (up to 5 Dan)
& Shinsa (Kyu to 4 Dan)**

Iaido Shinsa Information

Test Date: Sunday, September 28, 2025, 2:00pm

Location: Shoreline Spartan Recreation Center, 202 NE 185th St, Shoreline, WA 98155

Testing Ranks: Kyu to 4 Dan

Requirements

Candidates must attend the seminar if taking an Iaidō exam. Seminar instructors will detail elements of the art and technique that will be assessed during tests. Contact the event coordinator in the event of special circumstances, and we will try to accommodate.

Candidates must meet all requirements described in the "[PNKF Iaidō Shinsa Rank Requirements](#)" document, and agree and accept them.

Candidates must be current members of AUSKF or obtain written permission from their national Kendo Federation. If not AUSKF registered for the applicable membership year prior to the event, you are NOT ELIGIBLE to test. The applicant's AUSKF Membership Number must be included on the application form. *If you are a non- PNKF member*, see the special cases described below. The earlier these applications are received, the better.

1. Click [here](#) to complete the online web form Shinsa Application.
2. Next, send the following items as described:
 - a. **Essays**, if required, must be submitted on the "Iaido Shinsa Written Exam Form" and emailed to pnkfaiidoevent@gmail.com. Refer to the "[Iaido Shinsa Written Test Questions](#)" document for details.
 - b. **Test and Certificate Fees** must be paid in advance. **You will be able to pay these fees with the seminar fees altogether online.** If you cannot use the online payment system, please contact the Event Coordinator.

PNKF Iaido Examination Fees Certificate (Menjyo) Fees

Mudansha (Kyu) 17 & under \$15.00	\$20.00
Mudansha (Kyu) 18 & over \$20.00	\$30.00
Yudansha (1-3 Dan) \$30.00	1 Dan \$50.00
	2 Dan \$60.00
	3 Dan \$80.00
Yudansha (4 Dan) \$40.00	4 Dan \$100.00

SPECIAL CASES:

- 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. Doctor's notes are not required.
- d. **AUSKF members outside PNKF:** 1) [Request for Kendo/Iaido Examination by an Affiliate Organization of the AUSKF](#) signed by the member federation president, 2) **a copy of menjyo (certificate)**, and 3) proof of the membership and registered name in the AUSKF database (**screenshots of your "Individual Membership" and "Rank Info" taken from auskf.sport80.com** (Athletes > [your name])).

FIK members outside AUSKF: 1) **Approval letter written in English from the president of the FIK-affiliated organizations** to permit taking a promotion examination, and 2) **copy of menjyo (certificate)**.

Application Deadlines (Absolutely NO late entries!)

Online registration deadline AND applicable fees and shinsa paperwork deadline is Saturday, September 6.

Submit early to make sure there are no problems with your application.

Cancellations and refunds: Requests for Shinsa cancellations, without exception, must be received no later than **Saturday, September 13**. Cancellations received after this date will have only the certificate fee returned. If an applicant does not attend the Shinsa for any reason including illness, the Shinsa fee is forfeited, and only the certificate fee is returned. Fees required by third parties in order to process refunds are the sole responsibility of the registrant. Please note that if an applicant does not pass the examination, only the certificate fee will be returned and the PayPal fee will be covered by PNKF. If special circumstances occur, please notify the Event Coordinator as soon as possible.

**2025 PNKF Iaidō Fall Seminar, Taikai (up to 5 Dan)
& Shinsa (Kyu to 4 Dan)**

Basic Sword Safety Checklist

Pacific Northwest Kendo Federation – PNKF Iaido Committee

21 October 2019 (revised 2/12/2022)

Introduction

Keeping your equipment clean and in good condition is a pleasure and a necessity. It is indicative of an advanced practitioner's respect towards his or her tools, and enhances everyone's safety and enjoyment of practice. In recent years, sword checks have become standard at all regional and national events, and are normal procedure for participants up to 5 Dan (6 Dan and higher rank instructors – though exempt from this requirement – are welcome to submit their swords for inspection voluntarily) at all PNKF sponsored and hosted Iaido events. *Iaidoka* are responsible for maintaining their equipment to ensure personal safety for themselves and others in their vicinity. When in doubt, consult your instructor or another qualified person, and be mindful that some sword repairs should only be undertaken by professionals.

Points of inspection

There are several items that will be checked during sword inspection. These critical safety items are listed in order of importance, and any deficiencies should be addressed immediately.

Essential Points for Inspection (used at PNKF Sword Checks)

1. Is the sword Japanese-made as required by AUSKF and FIK rules?
This rule was made to address issues with non-Japanese swords that proved more susceptible to breakage in past years, posing alarmingly dangerous conditions to others.
2. Is the blade in good condition, free of serious warpage, chips or dents?
3. Are the *mekugi* (retaining pin(s)) and *mekugi-ana* (retaining pin hole(s)) in good condition? The bamboo used for o-hashiri or "chopsticks" is not suitable for *mekugi*. There are many varieties of bamboo that are soft and weak. Good *mekugi* are made of a special aged and smoked bamboo called *susudake* すす竹. *Mekugi* are carved from the outer part of the bamboo with the tightest grain. This is the hardest part of the bamboo. Other woods are not good substitutes for bamboo. Wood *mekugi* tend to snap, while bamboo tends to deform. Water buffalo *mekugi* are only suitable for *shirasaya* (holding scabbards), are purely decorative, and are not suitable for working swords. *PNKF inspections of shinken may request that you remove the mekugi for visual inspection of this essential component.*
4. Are the *tsuba* (guard) and *habaki* (collar) tight and free of noise or slippage when the sword is handled?
Excessive movement puts extra stress upon the *mekugi*, posing an unnecessary risk to yourself and others.

Other Considerations: Primarily the Responsibility of the Practitioner

5. Is the *koiguchi* (mouth of the scabbard)-*habaki* (blade collar) fit tight enough to prevent falling out of the blade?
6. Is the *saya* (scabbard) in good repair and free of any cracks?
7. Is the *nakago* (tang) fit snugly within the *tsuka* (handle)?
8. Is the *tsuka-ito* (handle wrap) in sufficiently good and tight condition to ensure safe practice?

Thank you for attending to your sword's safety. If you need assistance with basic repairs, PNKF Iaido Committee members may be able to help. When in doubt, please ask. We want everyone to enjoy Iaido practice safely.

PNKF Iaido document providing advice for common sword repairs available for download [here](#).

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About the Shoreline Spartan Recreation Center

202 NE 185th St, Shoreline, WA 98155

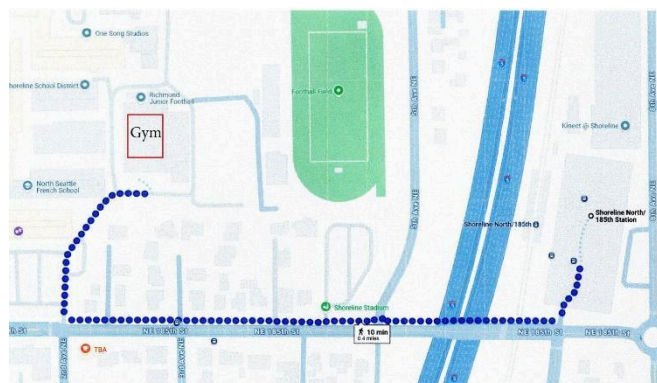


The Spartan Center is a large, beautiful community facility operated by the City of Shoreline, Washington, in what used to be their high school. It features a full court gym with hardwood floor, various other use spaces, and ample free parking. The Center is close to several good restaurants and area shopping.

Accessibility

Having a car will provide the easiest and fastest transportation to and from the facility, and parking at the Center is free. However, the Center is a short 0.4 mile walk on flat ground from the Shoreline North/185th Light Rail Station. Located on the east side of I-5, this station serves Shoreline Stadium, the Spartan Recreation Center, and surrounding neighborhoods. **Snohomish County Community Transit SWIFT Blue Line bus service** serves the station from points north, and **Sound Transit Light Rail** connects points north (Edmonds and Lynnwood) and south (Seattle and SeaTac Airport).

Shoreline North/185th Station, 18547 8th Ave NE, Shoreline, WA Walk 0.4 mile, 10 min
98155 to Spartan Recreation Center, 202 NE 185th St, Shoreline, WA 98155



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Area Hotels

Generally, we suggest avoiding accommodations on Aurora Ave North (US 99). There are good or decent hotels reasonably close to the event location. Distance from the Spartan Center is shown in parentheses. Prices shown are the most recent available at the time this list was compiled (6/25/2025), but are best used only for comparison. Please call the businesses to confirm.

Kato Sensei's hotel:

La Quinta Inn by Wyndham Lynnwood - \$171 (4.0 miles)
4300 Alderwood Mall Blvd, Lynnwood, WA 98036
Phone: (425) 775-7447

Hilton Garden Inn Seattle/Lynnwood - \$149 (4.3 miles)
3801 Alderwood Mall Blvd, Lynnwood, WA 98036
Phone: (425) 320-5905

Embassy Suites Hilton Seattle North Lynnwood - \$166 (3.6 miles)
20610 44th Ave W, Lynnwood, WA 98036
Phone: (425) 775-2500

Comfort Inn & Suites Seattle North - \$141 (2.6 miles)
13700 Aurora Ave N, Seattle, WA 98133
(206) 962-4682

Hotel Nexus Seattle - \$157 (3.8 miles)
2140 N Northgate Way, Seattle, WA 98133
Phone: (206) 365-0700

Courtyard Seattle Northgate - \$217 (3.9 miles)
10733 Meridian Ave N, Seattle, WA 98133
Phone: (206) 734-4502

Restaurants

Reasonably-priced, local suggestions.

Shoreline (distance from Spartan Center)

Spiro's Pizza & Pasta (Italian) \$\$ (1.0 mile)
18411 Aurora Ave N, Shoreline, WA 98133
Phone: (206) 546-2900

Thai Bistro (Thai) \$\$ (1.0 mile)
18336 Aurora Ave N #116, Shoreline, WA 98133
Phone: (206) 533-6200

CaliBurger Shoreline (American) \$\$ (1.0 mile)
18336 Aurora Ave N, Shoreline, WA 98133
Phone: (206) 801-7562

Kobe Bento Teriyaki & Wok (Asian) \$\$ (1.0 mile)
18336 Aurora Ave N Suite 106, Shoreline, WA 98133
Phone: (206) 533-1927

Lynnwood (distance from Sensei's hotel)

Olive Garden (Italian) \$\$ (0.4 mile)
4221 196th St SW, Lynnwood, WA 98036
Phone: (425) 670-2977

Applebee's Bar & Grill (American) \$\$ (0.5)
4626 196th St SW, Lynnwood, WA 98036
Phone: (425) 672-2626

Todo Mexico (Mexican) \$\$
4926 196th St SW, Lynnwood, WA 98036
Phone: (425) 778-2180

Wild Wasabi (Japanese) \$\$
19720 44th Ave W A, Lynnwood, WA 98036
Phone: (425) 776-8068

Markets and Food Courts

Shoreline (distance from Spartan Center)

There is a great salad/buffet bar in this market

Town & Country Market Shoreline (2.6)
15505 Westminster Way N, Shoreline, WA 98133
Phone: (206) 363-9226

Fred Meyer Shoreline (1.1 miles)
18325 Aurora Ave N, Shoreline, WA 98133
Phone: (206) 546-0720

Lynnwood (distance from Sensei's hotel)

Fred Meyer (0.5 mile)
4615 196th St SW Ste 175, Lynnwood 98036
Phone: (425) 670-0200

Trader Joe's (1.4 miles)
19715 Hwy 99 Ste 101, Lynnwood 98036
Phone: (425) 670-0623

2025 PNKF Iaidō Fall Seminar, Taikai (up to 5 Dan) & Shinsa (Kyu to 4 Dan)

Information about the 2025 PNKF Iaido Taikai (up to 5 Dan)

The annual PNKF Fall Iaido Taikai will be held Saturday September 27, beginning at 2:00pm.
Competitor fee: \$20.00. Registration deadline: Saturday, September 6, 2025.

We would appreciate your help to set up before the competition!

Divisions by rank, 4 in all:

- Mudansha (no-rank to 1 Kyu)
- 1-2 Dan
- 3-4 Dan
- 5 Dan

The 3-4 Dan division will compete for the **Noguchi Cup**. In addition, the PNKF Iaido Committee has prepared special prizes for each division.

In honor of PNKF Iaido Taikai's first-ever 5 Dan division, competitors will have a chance to win a papered **wakizashi shinken** generously donated by PNKF Iaido Committee Co-Chair, Jonathan Bannister Sensei.

Wakazashi signed *Kaneki* (also *Kanemi*, probably *Kuriyama Kenjiro*, also known as *Suikosai*, a notable Showa Era (1926-1989) Gunto smith of the Seki tradition active 1926-1966, originally from Gifu Prefecture. Well-forged in decent polish, well-executed *notare* hamon, copper habaki, and "white paper" NBTHK certificate origami ranking the blade *Kicho*, literally "Precious". Nagasa 54.1cm, Sori 1.5cm, Motohaba 2.8cm, Motogasane 0.7cm, Sakihaba 1.9cm, Sakigasane 0.5cm, weight 467g.



Taikai format

- Mudansha to 2 Dan: 5 AJKF shitei-waza in 6 minutes
- 3 - 5 Dan: 1 koryu waza and 4 AJKF shitei-waza in 6 minutes

If you do not sit, you will do standing versions of AJKF seated waza. There will not be a separate set of kata for those who do not sit.

In order to participate in taikai, you **MUST** wear a Zekken with your name in English at the bottom and your dojo or Federation name at the top.

You must be a current member of AUSKF or FIK-affiliate in good standing to participate in the PNKF Iaido Taikai.

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PNKF Iaido Banquet

Saturday, September 27, 6:30-8:30pm
Shoreline Spartan Recreation Center Dance Room
Ticket \$60.00

Nourish Catering returns to this year's PNKF Iaido Banquet with another marvelous spread of Northwest specialties. Join us as we honor our volunteers, officers, and instructors, and share a fine meal with your Iaido friends.



Menu

Northwest Custom Smoked Salmon from Dingfelder's Delicatessen
with sliced baguette crostini

Chicken Souvlaki Skewers
tzatziki, feta, micro basil

Organic Grilled Vegetables
asparagus, carrot, red pepper, onion, fennel, eggplant, and squash

Baked Tofu Skewers

Organic Fruit Salad
strawberries, blueberries, pineapple, and melon with fresh mint

Mini Black & White Cookies

Mini Linzer Tarts

Cheesecake Bites

Beverages*

Fresh Strawberry Lemonade

Caffe Vita Coffee and Tea

Bottled Water

Various Sodas

*Due to City of Shoreline policy, alcoholic beverages are not allowed at this venue.

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Our Valuable Volunteers

Events such as this rely heavily upon generous donations of countless hours by a wonderful pool of dedicated event managers, judges, and volunteers. Please join us in expressing our deep appreciation for their efforts and for the contributions of all of our wonderful friends.

Seminar Instructors

Shozo Kato Sensei, Shidogakuin, Kyoshi 7 Dan
Tatsuhiko Konno, Musokai, Kyoshi 7 Dan
Jason Hankins, Zen Bu Kan, Renshi 7 Dan
Jonathan Bannister, AiShinKai Fudo Myoo-Ji, Renshi 7 Dan
Robert Stroud, Idaho Kendo, Renshi 6 Dan
George Nishiura, Palo Alto Kendo Club, Renshi 6 Dan
Cynthia Tanabe, Salinas Kendo Club, 6 Dan

PNKF Iaido Committee

Tatsuhiko Konno, Musokai, Iaido Committee Advisor
Jonathan Bannister, AiShinKai, Co-Chair, Event Manager
Hiroaki Fukumoto, Seattle, Co-Chair, Registration
Rae Podrebarac, AiShinKai, outgoing Treasurer
David Lau, Musokai, incoming Treasurer, Sword Check
Karin Feddersen, Tacoma, Registration
Masuyasa Ando, Alaska
Chris Parkins, ShuKenKai, Banquet MC

2025 PNKF Iaido Fall Seminar, Taikai and Shinsa - Managers

Hans Andersen, AiShinKai, Group Photo
Jonathan Binick, AiShinKai, Facilities/M Meal Manager
Teodore Boado, Musokai, Medical Response/Sword Check
Brian Burton, AiShinKai, Shinsa Manager
Frederick Fourie, AiShinKai, Taikai Manager
Yuriko Lee, ShuKenKai, Medical Response
Thane Mittelstaedt, AiShinKai, Shinsa Assistant Manager
Marek Nelson, Lilac City, Taikai Assistant Manager
Alden Vanderspek, AiShinKai, Facilities

And all of the special volunteers who help out in so many ways to make our events successful!