



*All United States Kendo Federation*

## **Kendo Promotion Examinations Written Test Example Questions (1 Kyu – 4 Dan)**

**Each Kendo Federation may have its own questions.**

1-Kyu: Explain the benefits of “Kirikaeshi”

1-Dan: Choose (1) of the following to answer:

- A) Describe the “Ki-Ken-Tai-Ichi”
- B) Describe the 4 Types of Kendo Footwork. “Ashi-Sabaki”

2-Dan: Choose (1) of the following to answer:

- A) Describe the 4 Types of kendo “Sickness”
- B) Describe the 3 “Ma-ai”

3-Dan: Choose (1) of the following to answer:

- A) Describe the elements of “Yuko-datotsu”
- B) Describe the Metsuke. “Enzan-no Metsuke”

4-Dan: Choose (1) of the following to answer:

- A) Describe the benefits of the Kendo Kata and its relevance to Shinai Kendo
- B) Describe the “Zanshin”

### **INSTRUCTION:**

- This is an essay question. Do not write a short answer.
- Essay may be written in English or Japanese.
- Use your own words, be original.
- Include your name, requesting rank, AUSKF ID Number, regional kendo federation & dojo name.

**Bring the essay to the test and hand it in if you pass.**