



*All United States Kendo Federation*

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

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, few sentence answer.
- Essay can be in English or Japanese.
- Use you own words, don’t just copy something.
- Include your Name, Requesting Rank & AUSKF ID Number.
- Regional Kendo Federation & Dojo Name.

**Bring the essay to the test and hand in if successful.**