



# Southern California Kendo Federation

*Kendo Shinsa Written Tests, revision 9/8/23*

Name \_\_\_\_\_ Dojo \_\_\_\_\_ PN \_\_\_\_\_  
Participant # \_\_\_\_\_

Choose **ONE** of the following to answer, according to the rank for which you are testing. (mark with "X")

- 1kyu [ ] Explain the benefits of "Kirikaeshi".  
1dan [ ] A: Describe "Ki-Ken-Tai-Ichi"; or  
[ ] B: Describe the four types of kendo footwork "Ashi-Sabaki".  
2dan [ ] A: Describe the four types of kendo "sickness"; or  
[ ] B: Describe the three "Ma-Ai".  
3dan [ ] A: Describe the elements of "Yuko-Datotsu"; or  
[ ] B: Describe "Enzan-no-Metsuke".  
4dan [ ] A: Describe the benefits of Kendo Kata and its relevance to Shinai Kendo; or  
[ ] B: Describe "Zanshin".

*Answer in the form of a short essay; do not write a short answer. Use your own words, be original. Essay must be written in English.*