



KENDO EXAMS

Modena, 12 June 2022

Grade applied for:	<input type="checkbox"/> 3 DAN	<input type="checkbox"/> 4 DAN	<input type="checkbox"/> 5 DAN
Applicant's full name:	Family Name	First Name	
Federation:			
Technical Manager:			

Depending on the grade applied for, answer accurately **at least two of the three questions:**

3 DAN

- 1) Third dan is said to be the end of the base training path. What does it mean in your opinion?
- 2) Explain the 7th kata in detail and list the key points.
- 3) What is meant by the term kobo-icchi? Why is it considered so important?

4 DAN

- 1) Ouji waza: what does this term mean? Explain giving examples and describe how an ouji waza is born.
- 2) Fourth dan is considered a difficult step of the path. Explain how you prepared for this exam.
- 3) Accurately describe shitachi's guards in Kodachi no kata.

5 DAN

- 1) It is said that SEME and ZANSHIN are related. In what sense and why in your opinion?
- 2) Describe how you would explain kendo to a beginner in his first lesson and what, in your opinion are the strengths to make him fall in love with this discipline.
- 3) In your opinion, how important is the part of competition in the path of kendo? And when is the time to face it?

(write in block letters if possible and sign at the end of the paper)
