



## KENDO EXAMS

Modena, 2 June 2024

|                           |                                 |                                 |                                 |
|---------------------------|---------------------------------|---------------------------------|---------------------------------|
| <b>Grade applied for:</b> | <input type="checkbox"/> 3° DAN | <input type="checkbox"/> 4° DAN | <input type="checkbox"/> 5° DAN |
| <b>Candidate:</b>         | Last name                       |                                 | First name                      |
| Federation:               |                                 |                                 |                                 |
| Country:                  |                                 |                                 |                                 |

According to the grade you applied for, answer accurately at least two of the three questions.

### 3 DAN

- 1) What does "fullness of spirit" mean, why it is necessary for the execution of a good strike, and when and by what is it expressed in your opinion?
- 2) Explain the movement of the Shitachi footwork in relation to the arm work in the seventh Kata
- 3) Explain how "giving thanks of/from the heart" manifests itself and why it is a necessary attitude.

### 4 DAN

- 1) Explain how an OUJIWAZA is born and when and how it is best to apply it
- 2) Explain the differences between the 3 Shitachi guards in Kodachi Kendo no Kata and how to take them.
- 3) Explain the concept of Ken Tai Icchi

### 5 DAN

- 1) Explain RIAI
- 2) Explain the concept of IRIMI and when and how it is found in Kendo Kata.
- 3) Humility is a basic concept of Kendo. It means that the higher you go, the more necessary it becomes. Explain how you experience this aspect of Kendo.

(write in block capitals if possible and sign at the end of the essay)

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