Hawaii Kendo Federation

1-Kyū through 5-Dan Written Tests

1-Kyu

Part I: Multiple Choice. Circle the best answer. (1 point each)

1. It is said that Kendo starts and ends with

a. Sonkyo.
b. Rei.
c. Kirikaeshi.
d. Chudan No Kamae.

2. Rei to Shōmen is _____ degrees.

a. 10
b. 15
c. 30
d. 45

3. Rei to Sensei or each other is _____ degrees.

a. 10
b. 15
c. 30

4. Hakama should be worn with the back end _____ than/with front end.

a. lower
b. even
c. higher

5. When you sit down to Seiza, you lower your _____ knee first.

a. left
b. right

6. When you stand up from Seiza, you raise your _____ knee first.

a. left
b. right

7. Per HKF protocol, you hold your Men in your _____ arm while standing.

a. left
b. right

8. At Seiza, you should place your Shinai on your _____ side.

a. left
b. right

9. At Seiza, the Tsuba should be _____ your knee.

a. behind
b. even with
c. in front of

10. At Seiza, the Tsuru should be facing

a. inside.
b. up.
c. down.
d. outside.

11. Kote's are put on _____ side first, and removed _____ side first.

a. left, left
b. left, right
c. right, left
d. right, right

12. At proper Chūdan No Kamae, the first joint of your left thumb should be

a. in front of stomach.
b. level with the naval.
c. one fist lower than the naval.

13. At the basic Chūdan No Kamae, your Shinai should point to the opponent's

a. face.
b. throat.
c. chest.

14. At Chūdan No Kamae, your left (rear) heel should

a. touch the floor.
b. be slightly off the floor.
c. be even with the right heel.

15. For Shōmen Uchi, your left fist at Furikaburi (at the top position) should be one fist away from the

a. face.
b. forehead.
c. top of the head.

16. For Shōmen Uchi, your right hand should be at _____ level at the completion of the strike.

a. stomach
b. chest
c. shoulder
d. face

17. When you strike Dō, your left fist should be at _____ of your body.

a. left front
b. center front
c. right front

18. When stepping forward or back, if the left foot always remains behind the right, the footwork is called

a. Ayumiashi.
b. Suriashi.
c. Hirakiashi.
d. Okuriashi.

Part II: Shinai Parts. Name the labeled parts. (1 point each)

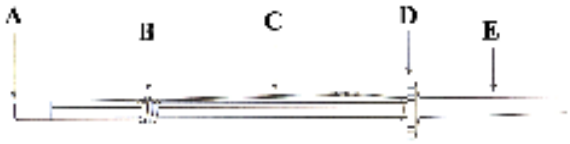
A. _____

B. _____

C. _____

D. _____

E. _____



1-Dan

Part I: Multiple Choice. Circle the best answer. (1 point each)

1. Hakama should be worn with the back end _____ than/with front end.

a. lower
b. even
c. higher

2. When you sit down to Seiza, you lower your _____ knee first.

a. left
b. right

3. When you stand up from Seiza, you raise your _____ knee first.

a. left
b. right

4. After tying the Men-Himo, the strings should hang _____ from the knot.

a. 20 cm
b. 40 cm
c. 60 cm
d. 100 cm

5. For Shōmen Uchi, your left hand should be at the _____ level at the completion of strike.

a. stomach
b. chest
c. shoulder
d. face

6. When you strike Dō, your Shinai should be turned

a. horizontal to the floor.
b. vertical to the floor.
c. in the direction of the diagonal strike.

7. Holding the Shinai in Chūdan No Kamae, the left side of the Shinai is called

a. Omote.
b. Monouchi (Datotsu-bu).
c. Ura.
d. Mine.
e. Habu.

8. To bring the left foot up to the correct position behind the right foot immediately after stepping in Fumikomi is called

a. Suriashi.
b. Okuriashi.
c. Hirakiashi.
d. Hikitsuke.

2-Dan

Part I: Multiple Choice. Circle the best answer. (1 point each)

1. Hakama should be worn with the back end _____ than/with front end.

a. lower
b. even
c. higher

2. When you sit down to Seiza, you lower your _____ knee first.

a. left
b. right

3. When you stand up from Seiza, you raise your _____ knee first.

a. left
b. right

4. After tying the Men-Himo, the strings should hang _____ from the knot.

a. 20 cm
b. 40 cm
c. 60 cm
d. 100 cm

5. For Shōmen Uchi, your left hand should be at the _____ level at the completion of strike.

a. stomach
b. chest
c. shoulder
d. face

6. When you strike Dō, your Shinai should be turned

a. horizontal to the floor.
b. vertical to the floor.
c. in the direction of the diagonal strike.

7. Holding the Shinai in Chūdan No Kamae, the left side of the Shinai is called

a. Omote.
b. Monouchi (Datotsu-bu).
c. Ura.
d. Mine.
e. Habu.

8. To bring the left foot up to the correct position behind the right foot immediately after stepping in Fumikomi is called

a. Suriashi.
b. Okuriashi.
c. Hirakiashi.
d. Hikitsuke.

3-5 Dan

Part II: Shinpan Test

1. Among the three referees in Shiai, the chief referee is called _____.

2. Facing the Shōmen, the chief referee holds the red flag in his/her _____ hand.

3. In case one Shinpan signaled a Yūkō Datotsu, another Shinpan may NOT

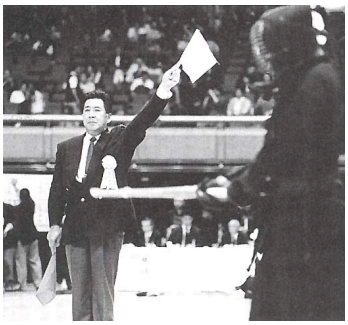
a. signal with same color flag.
b. signal with opposite color flag.
c. disregard the signal.
d. signal abstention.
e. signal disagreement

4. If a Datotsu is made simultaneous to the receiver stepping out of the boundary, the Datotsu is

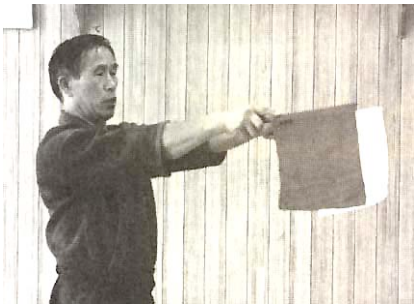
a. not valid, and Hansoku.
b. valid, and Hansoku.
c. not valid, and not Hansoku.
d. valid, and not Hansoku.

5. The announcement made by the chief referee to start the Shiai is _____, and to stop the Shiai is _____.

6. The following picture signals _____(announcement), which means _____.



7. The following picture signals _____(announcement), which means _____.



8. The following picture signals _____(announcement), which means _____.

9. The following picture signals _____(announcement), which means _____.

10. The following picture signals _____(announcement), which means _____.