



## PNKF Kendo Shinsa Written Test Questions

### INSTRUCTIONS:

- Include your name, date, AUSKF #, and requested rank.
- This is an essay question. Do not write a short answer.
- Use your own words, be original.
- Essay must be written in English.
- Essay must be submitted using the PNKF exam form (see next page).

### QUESTIONS:

**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”

**Turn in your written exam on the day of the shinsa at the check-in desk.**



## **PNKF Kendo Shinsa (Promotional Examination) Written Exam**

**Name:**

**Date:**

**AUSKF #:**

**Requested Rank:**

**Question:**

**Answer:**