

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

Answer briefly and concisely to **at least two of the following questions** according to the grade applied for:

SAN-DAN

- a) Describe the benefits of practising **Kiri-Kaeshi**
- b) Describe **Me-Tsuke** (to look at) in Kendo
- c) In your opinion, what is the difference between **SHIAI** and **JIGEIKO** ?

YON-DAN

- a) It is said that Kendo starts and ends with **Rei-Gi** (etiquette), why it is so important?
- b) Describe briefly how you would organize an hour lesson for a beginner who tries Kendo for the very first time.
- c) In your opinion, to what purpose the **Bokuto Ni Yoru Kendo Kihon-Waza Keiko Ho** (basic kata for Kendo) were developed?

GO-DAN

- a) Describe how you prepared for this exam
- b) Describe **Kokoro-no-Shikai**, the four weaknesses (devils) of Kendo
- c) In your opinion, for what reason we study the **Nihon Kendo no Kata** and what benefits derive from it?

(write the answers in capital letters using also the back of the paper, if needed, and sign at the end of the text)
