

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

Answer to the following questions according to the grade applied for.

### **3<sup>rd</sup> DAN**

- a) Explain SEME
- b) Make a list of components of a 'YUKOH-DATOTSU' (valid strike)?
- c) In your opinion, what are the benefits deriving from the practice of KIRIKAESHI?

### **4<sup>th</sup> DAN**

- a) Explain why, in Kendo practice, it is important to grow the "HEARTH of REI".
- b) Explain "KAN-KEN-no METSUKU"
- c) In your opinion, what are the benefits deriving from the study and the practice of KATA ?

### **5<sup>th</sup> DAN**

- a) Explain "Sutemi"
- b) Explain "KYO-JITSU"
- c) Make a list of the 3 most important elements to be passed on to beginners.

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

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