



# Yushin-juku Kendo Dojo

優心塾剣道道場

## Kendo KYU (Color Belt) Test Requirements

Rank	Eligibility	Kihon (Basics)	Keiko (Sparring)	Kata (Form)	Attire & Equipment	Terminology
<b>Hachi (8th) Kyu Yellow Belt</b>	Attended at least 5 classes	Demonstrate: <ol style="list-style-type: none"> <li>1. Proper ways to sit down/bow/stand up/bow.</li> <li>2. Proper footwork.</li> <li>3. Strong <i>kiai</i>.</li> </ol> Demonstrate the following <i>Kihon</i> with a <i>Shinai</i> (bamboo stick): <ol style="list-style-type: none"> <li>4. Proper ways to hold a <i>shinai</i>.</li> <li>5. Proper way to take the <i>chudan</i> stance.</li> <li>6. Moving forward/back in the <i>chudan</i> stance.</li> <li>7. <i>Shomen-uchi-suburi</i> (straight-cut-swing)</li> <li>8. <i>Men/Kote/Do uchi</i> (strikes).</li> <li>9. Men-Ichi (ten times).</li> <li>10. Kote-Ichi (ten times).</li> <li>11. Do-Ichi (ten times).</li> </ol>	N/A	N/A	N/A	Count 1 to 10 in Japanese.
<b>Nana (7th) Kyu Orange Belt</b>	Attended at least 10 classes as Yellow Belt	In addition to the 8th Kyu requirements, <ol style="list-style-type: none"> <li>1. <i>Choyaku-suburi</i> (jumping swings).</li> <li>2. Demonstrate continuous <i>Men</i> strikes.</li> </ol> Demonstrate the following <i>Kihon</i> with a <i>Bokuto</i> (wooden sword): <ol style="list-style-type: none"> <li>3. Men-Ichi (ten times).</li> <li>4. Kote-Ichi (ten times).</li> <li>5. Do-Ichi (ten times).</li> </ol>	N/A	N/A	N/A	Explain: <ol style="list-style-type: none"> <li>1. Men</li> <li>2. Kote</li> <li>3. Do</li> <li>4. Kamae</li> <li>5. Seiza</li> <li>6. Mokuso</li> <li>7. Yame</li> <li>8. Rei</li> </ol>
<b>Roku (6th) Kyu Blue Belt</b>	Attended at least 10 classes as Orange Belt	In addition to the 7th Kyu requirements, <ol style="list-style-type: none"> <li>1. <i>Sayumen-suburi</i> (diagonal swings).</li> <li>2. <i>Sayu-men uchi</i> (left-and-right strikes).</li> <li>3. Demonstrate <i>Kote-Men</i> and <i>Kote-Do</i> combination strikes.</li> </ol> Demonstrate the following <i>Kihon</i> with a <i>Bokuto</i> : <ol style="list-style-type: none"> <li>4. <i>Kote-Men-Ichi-Ni</i>.</li> <li>5. <i>Kote-Do-Ichi-Ni</i>.</li> <li>6. <i>Kote-Men-Do-Ichi-Ni-San</i>.</li> </ol>	N/A	N/A	Do-gi (jacket) and Hakama (skirt) must be worn properly.	Explain: <ol style="list-style-type: none"> <li>1. Shinai</li> <li>2. Bokuto</li> <li>3. Dogi</li> <li>4. Hakama</li> <li>5. Bokuto</li> <li>6. Bogu</li> </ol>



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Rank	Eligibility	Basics	Keiko (Sparring)	Kata (Form)	Attire & Equipment	Terminology
<b>Go (5th) Kyu Green</b>	Attended at least 10 classes as Blue Belt	In addition to the 6th Kyu requirements, 1. <i>Kirikaeshi</i> (twice) 2. Demonstrate <i>Kote-Men-Do</i> combination strike.	Demonstrate <i>Uchi-Komi-Geiko</i> (Striking Drill) against a person wearing Bogu.	N/A	Do-gi (jacket) and Hakama (skirt) must be worn properly.	Explain: - <i>Chudan-no-kamae</i> - <i>Jodan-no-kamae</i> - <i>Itto-ryu</i> - <i>Nito-ryu</i>
<b>Yon (4th) Kyu Purple Belt</b>	Attended at least 10 classes as Green Belt	Demonstrate the following <i>Kihon</i> (Basics) with <i>Bogu</i> (Armor): 1. <i>Kirikaeshi</i> (twice) 2. <i>Men-Uchi</i> . 3. <i>Kote-Uchi</i> . 4. <i>Do-Uchi</i> . 5. <i>Kote-Men</i> combination strike. 6. <i>Kote-Do</i> combination strike. 7. <i>Kote-Men-Do</i> combination strike.	Demonstrate <i>Uchi-Komi-Geiko</i> (Striking Drill) with <i>Bogu</i> (Armor).	N/A	Uniform and <i>Bogu</i> (Armor) must be worn and tied properly.	Explain: What is the proper footwork ( <i>ashi-sabaki</i> ) in kendo? - <i>Mae</i> - <i>Ato (Ushiro)</i> - <i>Migi</i> - <i>Hidari</i>
<b>San (3rd) Kyu Brown Belt</b>	Attended at least 10 classes as Purple Belt	In addition to the 4th Kyu requirements, demonstrate the following <i>Kihon</i> (Basics) with <i>Bogu</i> (Armor): 1. <i>Men-Taiatari-Hiki-Men</i> 2. <i>Men-Taiatari-Hiki-Do</i> 3. <i>Men-Taiatari-Hiki-Kote</i>	1. <i>Uchi-Komi-Geiko</i> 2. Keiko (Free Sparring)	Kendo Kata: Ippon-me (No. 1)	Uniform and <i>Bogu</i> (Armor) must be worn and tied properly.	Explain: 1. <i>Kirikaeshi</i> 2. <i>Uchi-Komi-Geiko</i> 3. <i>Kakari-Geiko</i> 4. <i>Jiyu-Geiko</i>
<b>Ni (2nd) Kyu Brown Belt</b>	Attended at least 10 classes as 3rd Kyu	In addition to the 3rd Kyu requirements, demonstrate the following <i>Kihon</i> (Basics) with <i>Bogu</i> (Armor): 1. <i>De-Gote</i> 2. <i>Men-Nuki-Do</i> 3. <i>Kote-Nuki-Men</i>	1. <i>Uchi-Komi-Geiko</i> 2. Keiko (Free Sparring)	Kendo Kata: Ippon-me & Nihon-me (No. 1 & 2)	Uniform and <i>Bogu</i> (Armor) must be worn and tied properly.	Explain: 1. <i>Oji-Waza</i> 2. <i>Nuki-Waza</i>
<b>Ichi (1st) Kyu Brown Belt</b>	Attended at least 10 classes as 2nd Kyu	In addition to the 2nd Kyu requirements, demonstrate the following <i>Kihon</i> (Basics) with <i>Bogu</i> (Armor): 1. <i>Men-Kaeshi-Do</i> 2. <i>Kote-Suriage-Men</i> 3. <i>Men-Suriage-Do</i>	1. <i>Uchi-Komi-Geiko</i> 2. Keiko (Free Sparring)	Kendo Kata: Ippon-me thru Sanbon-me (No. 1 - 3)	Uniform and <i>Bogu</i> (Armor) must be worn and tied properly.	Explain: 1. <i>Kaeshi-Waza</i> 2. <i>Suriage-Waza</i>



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## Kendo DAN (Black Belt) Test Requirements

Rank	Eligibility	Basics	Keiko (Sparring)	Kata (Form)	Major Criteria	Terminology
Shodan <b>(1st degree black belt)</b>	Must already have Ichi-kyu (1st kyu)	<i>Kirikaeshi</i>	<ol style="list-style-type: none"> <li>Uchi-Komi-Geiko (with 3 people)</li> <li>Keiko (Free Sparring) (with 3 people)</li> </ol>	Kendo Kata: Ippon-me thru Sanbon-me (No. 1 - 3)	<ul style="list-style-type: none"> <li>- Good <i>kiai</i> (spirit).</li> <li>- Proper execution of <i>kihon</i>.</li> <li>- Proper manners.</li> </ul>	Explain: <b><i>Ki-Ken-Tai-ichi</i></b>
Nidan <b>(2nd degree black belt)</b>	Min. 1 year of training after receiving Shodan	<i>Kirikaeshi</i>	<ol style="list-style-type: none"> <li>Uchi-Komi-Geiko (with 5 people)</li> <li>Keiko (Free Sparring) (with 5 people)</li> </ol>	Kendo Kata: Ippon-me thru Gohon-me (No. 1 - 5)	Same as above. <ul style="list-style-type: none"> <li>- Posture must be correct.</li> </ul>	Explain: <b><i>Shin-Gi-Tai-ichi</i></b>
Sandan <b>(3rd degree black belt)</b>	Min. 2 year of training after receiving Nidan	<i>Kirikaeshi</i>	<ol style="list-style-type: none"> <li>Uchi-Komi-Geiko (with 5 people)</li> <li>Keiko (Free Sparring) (with 5 people)</li> </ol>	Kendo Kata: Ippon-me thru Nanahon-me (No. 1 - 7)	Same as above. <ul style="list-style-type: none"> <li>- Distance (<i>maai</i>) must be accurate.</li> </ul>	Explain: <b><i>Kyo-Ki-Gi-Waku</i></b>
Yondan <b>(4th degree black belt)</b>	Min. 3 year of training after receiving Sandan	<i>Kirikaeshi</i>	<ol style="list-style-type: none"> <li>Uchi-Komi-Geiko (with 7 people)</li> <li>Keiko (Free Sparring) (with 7 people)</li> </ol>	Kendo Kata: Ippon-me thru Jupon-me (No. 1 - 10)	Same as above. <ul style="list-style-type: none"> <li>- Timing (<i>maai</i>) must be precise.</li> </ul>	Explain: <b><i>Mei-Kyo-Shi-Sui</i></b>
Godan <b>(5th degree black belt)</b>	Min. 4 year of training after receiving Yondan	<i>Kirikaeshi</i>	<ol style="list-style-type: none"> <li>Uchi-Komi-Geiko (with 7 people)</li> <li>Keiko (Free Sparring) (with 7 people)</li> </ol>	Kendo Kata: Ippon-me thru Jupon-me (No. 1 - 10)	Same as above. <ul style="list-style-type: none"> <li>- Dignity and integrity.</li> </ul>	Explain: <b><i>Ken-Zen-ichi</i></b>
Rokudan <b>(6th degree black belt)</b>	Min. 5 year of training after receiving Godan	<i>Kirikaeshi</i>	<ol style="list-style-type: none"> <li>Uchi-Komi-Geiko (with 7 people)</li> <li>Keiko (Free Sparring) (with 7 people)</li> </ol>	Kendo Kata: Ippon-me thru Jupon-me (No. 1 - 10)	Same as above. <ul style="list-style-type: none"> <li>- Character and personality.</li> </ul>	Explain: <b><i>Shu-Ha-Ri</i></b>