

1, Hikibana men is attempted when you opponent steps –

- A, forward
- B, backward
- C, to the side

2, The regulation colour for kendo referee's socks is –

- A, black
- B, grey
- C, blue

3, To incur jogai hansoku in shiai –

- A, your whole foot must go out of the shiai-jo
- B, your heel must go out of the shiai-jo
- C, at least half of your foot must go out of the shiai-jo

4, Jigeiko performed on an equal basis is termed –

- A, hikitategeiko
- B, gokakugeiko
- C, yakusoku geiko

5, The kamae assumed by uchidachi at the beginning of the first and second kodachi no kata is known as-

- A, irimi
- B, monomi
- C, hanmi

6, The person taking the attacking role in kihon drills is referred to as –

- A, uchidachi
- B, kakarite
- C, shidachi

7, Continuous forward and back men suburi with sliding footwork is called –

- A, naname buri
- B, hayasuburi
- C, zenshin kotae shomen suburi

8, Maintaining a natural mind in kendo is referred to as –

- A, heijoshin
- B, fudoshin
- C, shishin

9, Taiatari practice is called –

- A, butskarigeiko
- B, kakarigeiko
- C, godogeiko

10, Travelling to other dojo to test your kendo is referred to as –

- A, mushin
- B, mushashyugyo
- C, chawanmushi

11, The small metal plate in the handle end of a shinai is called –

- A, sakigomu
- B, chigiri
- C, nigiri

12, Single handed kendo techniques are described as –

- A, morote jodan waza
- B, katsugi waza
- C, katate waza

13, Hidari do is normally referred to as –

- A, oji do
- B, gyaku do
- C, hara do

14, It is recommended that you do stretching exercises -

- A, before keiko
- B, after keiko
- C, before and after keiko

15, The 15WKC will be held in -

- A, Hungary
- B, Italy
- C, Brazil

16, In the "Training Method for Fundamental Kendo Techniques with a Bokuto" Kihon 4 is –

- A, hiki do
- B, nuki do
- C, men kaeshi do

17, The progression from disciple to independence in kendo study is called –

- A, shugyo
- B, shu-ha-ri
- C, shochugeiko

18, The method of harmonising your breathing with your partner in kata is known as-

- A, shinkokyu
- B, aun no kokyu
- C, kyukei

19, Pre – ww2 kendo hand to hand techniques such as tripping or sweeping were known as -

- A, kousei
- B, kihon waza
- C, kumiuchi

20, The four admonitions of kendo – kyo, ku, gi, waku are not to falter, fear, doubt or –

- A, hesitate
- B, be lazy
- c. eat garlic before keiko