

Kyu Examination – Syllabus 級試大綱

Organised by Hong Kong Kendo Association

1kyu – 3kyu (applicable to both adults and children)

Applicants with full set of bogu (gears) (考生必須穿着整套護甲)

Posture (姿勢)

Ritsu-Rei (立礼)

- 3 steps forward (三步向前)
- Batto & Sonkyo (拔刀及蹲踞)
- Chudan Kamae (中段構え)

Basics (基本)

- Kirikaeshi – 2sets (前後切り返し、2組)

Uchikomu x 1 set(約束打撃動作)x 1組(每個動作1次)

- Men(打撃面)x 1
- Kote-Men (打撃小手、面) x 1
- Kote-Dou (打撃小手、胴) x 1
- Men-Hiki-Men (打撃面、後撃面) x 1
- Men-Hiki-Kote(打撃面、後撃小手)x 1
- Men-Hiki-Dou(打撃面、後撃胴)x 1
- Men(打撃面)x 1

Jitsugi(對打実技) x 2 times each with 1 minute duration **(每人兩場每場実技一分鐘)**

Check-points (注意地方)

- Kendogi & Hakama, Shinai & Kendo-bogu clean and properly worn (着裝,竹劍及護甲整齊及清潔)
- Big and sound kiai (voice)(發聲大)
- Full spirits (充滿氣魄)
- Strikes must be in big motion (打撃動作大)
- Ki-Ken-Tai Ich (氣劍体一至)
- Zanshin (Alertness after strike) (保持打撃後正確殘心)

Kata (Age 13 & above) 劍道形(13歲或以上考生)

- Kata No. 1 - No.3(劍道形一本目至三本目)

4kyu – 6kyu (applicable to both adults and children)

Applicants must wear Kendogi & Hakama. For applicants who have bogu, please put on bogu with or without MEN

(考生必須穿着上劍道衣及袴、有護甲的亦可帶上整套護甲、可以不帶面)

Posture (姿勢)

Zarei (座礼)

· Chakuza (着座)

· Mokuso (默想)

Ritsu-Rei (立礼)

· 3 steps forward (三步向前)

· Batto & Sonkyo (拔刀及蹲踞)

· Chudan Kamae (中段構え)

Basics (基本)

· Ookiku-joge-suburi forward and backward x 1 set

(with gliding 滑行 footwork/suriashi) (大動作上下素振、向前及向後) x 1 組

· Kirikaeshi – 2sets (前後切り返し、2 組)

· Men-uchi x 2 times (踏歩打撃面、2 次)

· Kote-uchi x 2 times (踏歩打撃小手、2 次)

· Kote-Men-uchi x 2 times (踏歩打撃小手、面、2 次)

· Kote-Dou-uchi x 2 times (踏歩打撃小手、胴、2 次)

· Kote-Men-Dou-uchi x 2 times (踏歩打撃小手、面、胴、2 次)

Check-points (注意地方)

· Kendogi & Hakama, Shinai & Kendo-bogu clean and properly worn
(着裝, 竹劍及護甲整齊及清潔)

· Big and sound kiai (voice) (發聲大)

· Full spirits (充滿氣魄)

· Strikes must be in big motion (打撃動作大)

· Ki-Ken-Tai Ich (氣劍体一至)

· Zanshin (Alertness after strike & keeping chudan kamae)
(保持打撃後正確殘心及中段構え)

7kyu – 9kyu (applicable to both adults and children)

Applicants may wear sportswear or Kendogi and Hakama
(考生可以穿着上整齊運動服或劍道衣及袴、不需要帶護甲)

Posture (姿勢)

Zarei (座礼)

· Chakuza (着座)

· Mokuso (默想)

Ritsu-Rei (立礼)

· 3 steps forward (三步向前)

· Batto & Sonkyo (拔刀及蹲踞)

· Chudan Kamae (中段構え)

Ashisabaki (步法)

· Mae (前)

· Ado (後)

· Migi (左)

· Hidari (右)

Basics (基本)

Ookiku-joge-suburi forward and backward x 1 set

(with gliding 滑行 footwork/suriashi)

(大動作上下素振、向前及向後) x 1 組

Zenshin-shomen-uchi forward & backward x 1 set

(with gliding footwork/suriashi)

(前進後退打擊正面) x 1 組

Kote-men-uchi forward & backward x 1 set (with gliding 滑行 footwork/suriashi)

(前進後退打擊小手及面) x 1 組

Men-uchi x 4 sets (with fumikomi/stamping footwork)

(踏步打擊面) x 4 次

Kote-Men uchi x 2 sets (with fumikomi/stamping footwork)

(踏步打擊小手及面) x 2 次

7kyu – 9kyu (applicable to both adults and children)

Check-points (注意地方)

- Outfit & shinai clean and tidy (着裝,竹劍整齊及清潔)
- Big and sound kiai (voice)(發聲大)
- Full spirits (充滿氣魄)
- Strikes must be in big motion and keeping straight in centre (打擊動作大及保持竹劍在中線)
- Zanshin (Alertness after strike & keeping chudan kamae) (保持打擊後正確殘心及中段構え)

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Eda Chen, Secretary-General
Hong Kong Kendo Association

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