Kyu Examination – Syllabus 級試大綱
Organised by The Kendo Association of Hong Kong, China
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 No Kamae (中段の構え)

Basics (基本)

- Kirikaeshi －2 sets (前後切り返し、2 組)

Uchikomi x 1 set (約束打擊動作) x 1 組 (每個動作 1 次)

- Men (打擊面) x 1
- Kote-Men (打擊小手、面) x 1
- Kote-Dou (打擊小手、胴) x 1
- Men-Hiki-Men (打擊面、後擊面) x 1
- Men-Hiki-Kote (打擊面、後擊小手) x 1
- Men-Hiki-Dou (打擊面、後擊胴) x 1
- Men (打擊面) 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 (打擊動作大)
- Ki-Ken-Tai Ichi (氣劍体一致)
- Zanshin (Alertness after strike) (保持打擊後正確残心)

Kata (Age 13 & above) 劍道形 (13 歲或以上考生)

Kata No. 1 - 3 (劍道形一本目至三本目)

Kyu Examination – Syllabus 級試大綱
Organised by The Kendo Association of Hong Kong, China
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
(考生必須穿着上剣道衣及袴、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 No Kamae （中段の構え）

Basics（基本）

- Kirikaeshi －2 sets (前後切リ返し、2 組)

Suriashi Uchikomi Full Set (滑步打擊)

- Men-Hiki-Men（打擊面、後擊面）x 1
- Men-Hiki-Kote（打擊面、後擊小手）x 1
- Men-Hiki-Dou（打擊面、後擊胴）x 1
- Kote-Men-Hiki-Men（打擊小手、打擊面、後擊面）x 1
- Kote-Men-Hiki-Kote（打擊小手、打擊面、後擊小手）x 1
- Kote-Men-Hiki-Dou（打擊小手、打擊面、後擊胴）x 1
- Kote-Men-Dou-Hiki-Men (打擊小手、面、胴、後擊面) x 1
- Kote-Men-Dou-Hiki-Kote（打擊小手、面、胴、後擊小手)x 1
- Kote-Men-Dou-Hiki-Dou（打擊小手、面、胴、後擊胴）x 1

Furikomi Uchikomi (踏步打擊)

- Men uchi（打擊面）x 1
- Kote-Men（打擊小手及面）x 1
- Kote-Dou（打擊小手及胴）x 1
- Men uchi（打擊面）x 1

Check-points （ 注意地方 ）

- Kendogi & Hakama, Shinai & Kendo-bogu clean and properly worn
  (着裝,竹剣及護甲整齊及清潔)
- Big and sound kiai (voice)（發聲大）
- Full spirits (充滿氣魄）
- Strikes must be in big motion (打擊動作大）
- Ki-Ken-Tai Ichi (氣剣体一致)
- Zanshin (Alertness after strike & keeping chudan no kamae)
  (保持打擊後正確残心及中段の構え)

Kendo Kihon Waza (Age 13 & above) 木刀基本技(13歲或以上考生)

Kendo Kihon Waza No. 1 – 6 (木刀基本技 基本1 – 6)

Kyu Examination – Syllabus 級試大綱
Organised by The Kendo Association of Hong Kong, China
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剣道衣及袴、不需要帯護甲)

Posture (姿勢)

Zarei (座礼)
- Chakuza(着座)
- Mokuso(默想)

Ritsu-Rei (立礼)
- 3 steps forward (三歩向前)
- Batto & Sonkyo (拔刀及蹲踞)
- Chudan No Kamae (中段の構え)

Ashisabaki (歩法)
- Mae(前)
- Ado(後)
- Migi(右)
- Hidari(左)

Suburi (素振)
- Ookiku Suburi (上下素振)x 10
- Zensen Godai Men (空間打突)x 10

Mae Suriashi Uchikomi (向前滑步打擊)
- Men uchi (打擊面) x 2
- Kote-Men (打擊小手及面) x 2
- Kote-Men-Dou (打擊小手、面及胴) x 2

Suriashi Uchikomi (滑步打擊)
- Men-Hiki-Men (打擊面、後擊面) x 2
- Men-Hiki-Kote (打擊面、後擊小手)x 2
- Men-Hiki-Dou (打擊面、後擊胴)x 2

Check-points (注意地方)
- Outfit & shinai clean and tidy (着裝,竹剣整齊及清潔)
- 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剣在中線)
- Zanshin (Alertness after strike & keeping chudan no kamae) (保持打擊後正確残心及中段の構え)

Kendo Kihon Waza (Age 13 & above) 木刀基本技(13歲或以上考生)
Kendo Kihon Waza No. 1 – 3 (木刀基本技 基本1 - 3)

Total (3) Pages
Revised on 23rd Jan 2026
The Kendo Association of Hong Kong, China

***** END *****