

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 Ichi (氣劍体一致)
- Zanshin (Alertness after strike) (保持打撃後正確残心)

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 No Kamae (中段の構え)

Basics (基本)

- Kirikaeshi – 2 sets (前後切り返し、2組)

Suriashi Uchikomi Full Set (滑步打撃)

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

Furikomi Uchikomi (踏步打撃)

- Men uchi (打撃面) x 1
- Kote-Men (打撃小手及面) x 1
- Kote-Dou (打撃小手及胴) x 1
- Men uchi (打撃面) x 1

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 Ichi (氣劍体一致)
- Zanshin (Alertness after strike & keeping chudan no kamae) (保持打撃後正確殘心及中段の構え)

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 No Kamae (中段の構え)

Ashisabaki (步法)

- 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 no kamae)
(保持打擊後正確殘心及中段の構え)

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

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The Kendo Association of Hong Kong, China

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