

Written Exam Questions for Local & Regional Shinsa

In order to ensure impartiality and fairness, the written exam questions for Local and Regional Shinsa have been made public from April 2015.

In all Shinsa, the written exam will be made up of two questions, one from the A list and one from the B list, each worth 50 points for a total of 100 points.

Questions will be reviewed every few years and revised.

Category	A List (Shooting Principle and Shooting Skill, Taihai, Fundamental Form, etc.)	B List (Ideology, Concepts, Training Attitude, etc.)
Mushitei Shodan	<ol style="list-style-type: none"> 1. List the Shahō-Hassetsu in order and give a brief explanation. 2. Name the "(4) Basic Postures" and the "(8) Basic Movements". 3. Write on "Toriyumi no Shisei" (Bow Holding Posture). 4. Write on "Ashibumi" of the Shahō-Hassetsu. 	<ol style="list-style-type: none"> 1. Write on your reason (motivation) for starting Kyudo. 2. What would you like to learn through Kyudo? 3. Write on what are you are glad to have learned through Kyudo? 4. What do you pay attention to in order to prevent accidents?
Nidan	<ol style="list-style-type: none"> 1. List the "(4) Basic Postures" and explain the "Standing" posture. 2. List the "(8) Basic Movements" and explain about "Walking". 3. Write on the importance of "Dōzukuri". 4. List the Shahō-Hassetsu and write on the importance of "Zanshin". 5. What do you pay attention to during "Yugamae"? 	<ol style="list-style-type: none"> 1. Write on impressions you have had during your study of Kyudo. 2. Write on your goals through the training of kyudo. 3. Write on the differences between Kyudo and other sports. 4. Write on your purpose for taking a Shinsa. 5. Write on what you pay attention to in order to prevent accidents.
Sandan	<ol style="list-style-type: none"> 1. Write on the points to be aware of during movements. (Kyudo Manual Vol. 1, p. 30-31) 2. Write on what should one pay attention to when doing Daisan? 3. Write on the benefits of Makiwara training. 4. Write on the importance of the "Sanjū-Jūmonji". 5. Write on the "three principles for handling Shitsu (Errors)" and explain the method for dealing with the "Breaking of the Tsuru". 	<ol style="list-style-type: none"> 1. Write on what you pay attention to in your daily practice. 2. Write on how you apply and put into practice your Kyudo training into daily life. 3. Write on the mental preparedness for taking a Shinsa. 4. Write on the difficulties that you encounter in your daily practice. 5. During your daily practices, what do you pay attention to ensure the safety of your peers.
Yondan	<ol style="list-style-type: none"> 1. Write on how the posture of Daisan influences the shooting. 2. Write on the "Gojū-Jūmonji". 3. List the "(8) Fundamentals of the Basic Movements" and give a brief explanation. (Kyudo Manual Vol. 1, p. 35 to 48) 4. List the "(5) Fundamentals of Shooting Principle and Shooting Skill" and give a brief explanation. 5. Write on "Tsumeai and Nobiai". 	<ol style="list-style-type: none"> 1. Write on the attitude and mental preparedness needed when carrying out shooting. 2. Write on the mental preparedness for taking a Shinsa and the significance of taking a Shinsa. 3. Write on the messages the "Raiki-Shagi" is teaching? 4. Write on the messages the "Shahō-kun" is teaching? 5. Write on what one should pay attention to in order to prevent accidents when instructing newer students.
Godan	<ol style="list-style-type: none"> 1. Write on the necessity of the Kihontai (Fundamental Form). 2. Write on the coordination between movements and Ikiai (breathing). 3. Write on "Tsumeai and Nobiai" during "Kai". 4. Explain the "Kihon-Taikai" (Basic Body Form). 5. Explain "<i>Hiku-Yazuka Hikanu-Yazuka ni Tada-Yazuka</i>". 6. Explain the "Fundamentals of Shooting Principle and Shooting Skill". 7. Write on the "Godō" (Five Torsos). 	<ol style="list-style-type: none"> 1. Write on the supreme goal of Kyudo. 2. Write on "Heijōshin". 3. Write on "Shin, Zen, Bi" (Truth, Beauty, Goodness). 4. Write on the purpose of Kyudo training. 5. Write on "Sha Soku Jinsei" (Kyudo is Life) by using some examples from your daily life. 6. Write on the mental preparedness needed for Kaizoe? 7. Write on what one should pay attention to in order to prevent accidents when teaching beginners.