

Written Examination Questions for Local & Regional Shinsa

In order to ensure impartiality and fairness, the written examination 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 and updated every few years.

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 <i>Shahō-Hassetsu</i> in the correct order and give a brief explanation of each stage. 2. List the "(4) basic postures" and the "(8) basic movements". 3. Explain <i>Toriyumi no Shisei</i> (the bow-holding posture). 4. Explain <i>Ashibumi</i> in the <i>Shahō-Hassetsu</i>. 	<ol style="list-style-type: none"> 1. What was your motivation (reason) for starting Kyudo? 2. What would you like to learn through Kyudo? 3. What are you glad to have learnt 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 "walking". 3. Explain the importance of <i>Dōzukuri</i>. 4. List the <i>Shahō-Hassetsu</i> and explain the importance of <i>Zanshin</i>. 5. What do you pay attention to during <i>Yugamae</i>? 	<ol style="list-style-type: none"> 1. What do you think of kyudo practice? 2. Explain your goals in kyudo training. 3. What are the differences between Kyudo and other sports? 4. What is your purpose for taking <i>Shinsa</i>? 5. What do you pay attention to in order to prevent accidents?
Sandan	<ol style="list-style-type: none"> 1. Explain the underlying principles which support all movements. (Kyudo Manual Vol. 1, p. 30-31) 2. What should one pay attention to when making <i>Daisan</i>? 3. Explain the benefits of <i>Makiwara</i> training. 4. Explain the importance of <i>Sanjū-Jūmonji</i>. 5. List the "three principles for handling <i>Shitsu</i> (errors)" and explain the method for dealing with the "Breaking of the <i>Tsuru</i>". 	<ol style="list-style-type: none"> 1. What do you pay attention to in your daily practice? 2. How do you make use of your Kyudo training in your daily life? 3. Explain the mental preparedness for taking <i>Shinsa</i>. 4. Explain the difficulties that you encounter in your daily practice. 5. What do you pay attention to in order to ensure the safety of your peers during your daily practice?
Yondan	<ol style="list-style-type: none"> 1. Explain how the posture of <i>Daisan</i> influences the shooting. 2. Explain <i>Gojū-Jūmonji</i>. 3. List the "(8) basic movements" and give a brief explanation of each. (Kyudo Manual Vol. 1, p. 35 to 48) 4. List the "(5) fundamentals of shooting principle and shooting skill" and give a brief explanation of each. 5. Explain <i>Tsumeai</i> and <i>Nobiai</i>. 	<ol style="list-style-type: none"> 1. Explain the attitude and mental preparedness required for carrying out the shooting. 2. Explain the mental preparedness for taking <i>Shinsa</i> and the significance of taking <i>Shinsa</i>. 3. Explain the teachings of the <i>Raiki-Shagi</i>. 4. Explain the teachings of the <i>Shahō-kun</i>. 5. What should one pay attention to in order to prevent accidents when instructing newer students?
Godan	<ol style="list-style-type: none"> 1. Explain the importance of <i>Kihontai</i> (the fundamental form). 2. Explain the coordination between movements and <i>Ikiai</i> (breathing). 3. Explain <i>Tsumeai</i> and <i>Nobiai</i> during <i>Kai</i>. 4. Explain <i>Kihon-Taikai</i> (the 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. Explain <i>Go-Dō</i> (the "Five Torsos"). 	<ol style="list-style-type: none"> 1. Explain the supreme goal of Kyudo. 2. Explain <i>Heijōshin</i>. 3. Explain <i>Shin, Zen, Bi</i>. 4. Explain the purpose of Kyudo training. 5. Explain <i>Sha Soku Jinsei</i> ("Kyudo is Life") by using some examples from your daily life. 6. Explain the guidelines regarding the role and function of the <i>Kaizoe</i>. 7. What should one pay attention to in order to prevent accidents when teaching beginners?