

SAKF Kendo Kyu Grade Requirements



Level	Techniques and Terms	Uchikomi-geiko sequence	Kata
7 Kyu	- Correct Kendo Etiquette	Men, Kote X2, Dou X2, Men (Correct Maai) (Suri-ashi) (Kiai & Zanshin)	<i>Bokuto-ni-yoru Kendo Kihon-waza Keiko-ho</i> Kihon-ichi (Ippon-uchi-no-waza): Men, Kote, Do, Tsuki Kihon-ni (Renzoku-waza): Kote-Men Kihon-san (Harai-waza): Harai-Men
	- Chudan-no-kamae & Gedan-no-kamae		
	- Joge suburi (20 times)		
	- Sho-men suburi (20 times)		
	- Kirikaeshi on Motodachi		
	- Uchikomi-geiko on Motodachi		
6 Kyu	- As for 7th kyu plus:	Men, Kote-Men X2, Harai-Men X2, Men (Correct Maai) (Fumikomi-ashi) (Kiai & Zanshin)	<i>Bokuto-ni-yoru Kendo Kihon-waza Keiko-ho</i> Kihon-yon (Hiki-waza): Men-tsubazeriai-hiki-Do Kihon-go (Nuki-waza): Men-nuki-Do Kihon-roku (Suriage-waza): Kote-suriage-Men
	- Jodan-no-kamae (Migi & Hidari)		
	- Naname suburi /w hiraki-ashi (20 times)		
	- Zenshin kotai sho-men suburi (20 times)		
	- Kirikaeshi on Motodachi		
	- Uchikomi-geiko on Motodachi		
5 Kyu	- As for 6th kyu plus:	Men, Kote-Men-Dou X2, Harai-Kote X2, Men (Correct Maai) (Ki-Ken-Tai-no-Ichi) (Kiai & Zanshin)	<i>Bokuto-ni-yoru Kendo Kihon-waza Keiko-ho</i> Kihon-nana (Debana-waza): Debana-Kote Kihon-hachi (Kaeshi-waza): Men-kaeshi-Do Kihon-kyu (Uchiotoshi-waza): Do-uchiotoshi-Men
	- Correctly put on Kendo-Gi and Hakama		
	- Hasso-no-kamae & Waki-gamae		
	- Zenshin kotai sayu-men suburi (20 times)		
	- Choyaku-suburi (30 times)		
	- Kirikaeshi on Motodachi		
	- Uchikomi-geiko on Motodachi		

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4 Kyu	- As for 5th kyu plus:	Men, Men-Hiki-Dou X2, Men-Nuki-Dou X2, Kote-Suriage-Men X2, Men (Correct Maai) (Demonstrate Sen) (Ki-Ken-Tai-no-Ichi) (Kiai & Zanshin)	<i>Nihon Kendo Kata 1</i> (ippon-me)
	- Correctly put on Kendo-Bogu		
	- Kirikaeshi (Motodachi and Kakarite)		
	- Uchikomi-geiko (Motodachi and Kakarite)		
	- Kakari-geiko 20sec (Motodachi and Kakarite)		
	- Ji-geiko (Two Matches of One Minute)		
3 Kyu	- As for 4th kyu plus:	Men, Men-Hiki-Men X2, Kote-Nuki-Men X2, Men-Suriage-Men X2, Men (Correct Maai) (Demonstrate Sen) (Ki-Ken-Tai-no-Ichi) (Kiai & Zanshin)	<i>Nihon Kendo Kata 1-2</i> (ippon-me to nihon-me)
	- Kirikaeshi (Motodachi and Kakarite)		
	- Uchikomi-geiko (Motodachi and Kakarite)		
	- Kakari-geiko 20sec (Motodachi and Kakarite)		
	- Ji-geiko (Two Matches of One Minute)		
2 Kyu	- As for 3rd kyu plus:	Men, Debana-Kote X2, Men-Kaeshi-Dou X2, Dou-Uchiotoshi-Men X2, Ai-Men (Correct Maai) (Demonstrate Sen) (Ki-Ken-Tai-no-Ichi) (Kiai & Zanshin)	<i>Nihon Kendo Kata 1-3</i> (ippon-me to sambon-me)
	- Kirikaeshi (Motodachi and Kakarite)		
	- Uchikomi-geiko (Motodachi and Kakarite)		
	- Kakari-geiko 20sec (Motodachi and Kakarite)		
	- Ji-geiko (Two Matches of One Minute)		
1 Kyu	- As for 2nd kyu plus:	Men, Debana-Men X2, Kote-Kaeshi-Men X2, Kote-Uchiotoshi-Men X2, Ai-Men (Correct Maai) (Demonstrate Sen) (Ki-Ken-Tai-no-Ichi) (Kiai & Zanshin)	<i>Nihon Kendo Kata 1-4</i> (ippon-me to yonhon-me)
	- Kirikaeshi (Motodachi and Kakarite)		
	- Uchikomi-geiko (Motodachi and Kakarite)		
	- Kakari-geiko 20sec (Motodachi and Kakarite)		
	- Ji-geiko (Two Matches of One Minute)		