

Written Examination Questions for Local Shinsa

In order to ensure impartiality and fairness, the 2020 version of the written examination questions for Local and Regional Shinsa has been made public.
In all Shinsa, the written examination 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, <i>Taihai</i> , Fundamental Form, etc.)	B List (Ideology, Concepts, Training Attitude, etc.)
Mushitei Shodan	<ol style="list-style-type: none"> List the forms of basic posture and movement (4 basic postures and 8 basic movements) and explain [...]*. * One topic will be selected from: the "standing" posture, "half-sitting on the heels (<i>Kiza</i>)", "walking", and "turning in the kneeling position (<i>Hirakiashi</i>)". List the <i>Shahō-Hassetsu</i> in the correct order and explain [...]* * One topic will be selected from: <i>Ashibumi</i> , <i>Dōzukuri</i> ,... <i>Zanshin</i> . 	<ol style="list-style-type: none"> What was your motivation (reason) for starting Kyudo? What would you like to learn through Kyudo? What are you glad to have learnt through Kyudo? What do you pay attention to in order to prevent accidents?
Nidan	<ol style="list-style-type: none"> Explain <i>Toriyumi no Shisei</i> (the bow holding posture). Explain <i>Yatsugae-Dōsa</i> (the nocking of the arrows) for <i>Zasha</i> . Explain <i>Yatsugae-Dōsa</i> (the nocking of the arrows) for <i>Rissha</i> . Explain <i>Sanjū-Jūmonji</i> . Explain the underlying principles which support all movements. (Kyudo Manual Vol. 1, p. 30-31) 	<ol style="list-style-type: none"> What do you think of Kyudo practice? Explain your goals in Kyudo training. What are the differences between Kyudo and other sports? What is your purpose for taking Shinsa? What do you pay attention to in order to prevent accidents?
Sandan	<ol style="list-style-type: none"> List the "fundamentals of shooting principle and shooting skill" and explain <i>Mezukai</i> . List the "fundamentals of shooting principle and shooting skill" and explain the "breathing (<i>Iki</i>)". List the "fundamentals of shooting principle and shooting skill" and explain the "basic body form (<i>Tateyoko-Jūmonji</i> and <i>Gojū-Jūmonji</i>)". Explain the benefits of <i>Makiwara</i> training. Explain how to make <i>Toriya</i> (the action of taking <i>Otoya</i>). 	<ol style="list-style-type: none"> What do you pay attention to in your daily practice? How do you make use of your Kyudo training in your daily life? Explain the mental preparedness for taking Shinsa. Explain the difficulties that you encounter in your daily practice and the efforts you make to overcome them. 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"> List the "three principles for handling <i>Shitsu</i> (errors)" and explain the method for dealing with a <i>Hazukobore</i> on <i>Haya</i> . Explain <i>Gojū-Jūmonji</i> . List the "fundamentals of shooting principle and shooting skill" and explain the "working of spirit (<i>Kokoro</i>) and spiritual energy (<i>Ki</i>)". Explain <i>Zanshin</i> (the remaining spirit and form). Explain <i>Tsumeai</i> and <i>Nobiai</i> . 	<ol style="list-style-type: none"> Explain the correct attitude in the performance of shooting. Explain the mental preparedness for taking Shinsa and the significance of taking Shinsa. Explain the teachings of the <i>Raiki-Shagi</i> and <i>Shahō-Kun</i> . Explain the importance of <i>Kihontai</i> (the fundamental form). What should one pay attention to in order to prevent accidents when teaching?
Godan	<ol style="list-style-type: none"> Clarify the meaning of "<i>Zanshin</i> is the final settlement of accounts". What should one be careful of when performing <i>Hadanugi</i> or <i>Tasukisabaki</i> ? Explain <i>Tsumeai</i> and <i>Nobiai</i> . Explain <i>Hiku-Yazuka Hikanu-Yazuka ni Tada-Yazuka</i> . Explain how to bow in the sitting posture (<i>Za-Rei</i>) with the bow and arrows. (Kyudo Manual Vol. 1, p.45) Explain <i>Go-Dō</i> (the "Five Torsos"). 	<ol style="list-style-type: none"> Explain the supreme goal of Kyudo. How do you connect the saying "Shooting is Standing Zen" (<i>Sha wa Ritsu-Zen</i>) with your daily life? Explain <i>Shin</i> , <i>Zen</i> , <i>Bi</i> . Explain the main objectives of Kyudo training. Explain the guidelines regarding the role and function of the <i>Kaizoe</i> . What should one pay attention to in order to prevent accidents when teaching? What do you pay attention to with regard to all forms of harassment?