DNKK Kyudo Test Questions

(2 written questions for the exam given 1 week prior to shinsa).

Shodan

Purpose & Reflection

- State your motivations for beginning kyudo.
- State the objectives (or goals) of your kyudo training.
- Explain with what kind of feelings do you approach your kyudo training.
- State what you have learned or gained through your kyudo training.
- State the good aspects of kyudo in comparison to other sports.
- State the good points of your dojo.
- With what attitude do you approach kyudo training?
- What do you want to learn through Kyudo?

Etiquette & Philosophy

- Explain about kyudo as an etiquette-sport.

Safety & Accident Prevention

- List five safety rules expected on the shooting line for a yudansha candidate.
- Describe what counts as an uncontrolled release and why it is a problem.

Fundamentals & Terminology

- Simply explain about Sanjū-Jūmonji.
- List Kihontai and explain.
- Name the "Basic Postures" (4) and the "Basic Movements" (8).

Form & Hassetsu

- List the Shaho Hassetsu in order and explain about dozukuri.
- List the Shaho Hassetsu and briefly explain each step.
- Explain about ashibumi.
- What is the allowed kuchiwari range in the DNKK standards (too low / too high)?
- Explain what yamakura ochi refers to and how it affects evaluation at Shodan.

Testing Standards & Shinsa Mindset

- What maintenance skill is required at Shodan under DNKK standards?

Scenarios / Application

- Scenario: your yudaoshi collapses under pressure during testing. What should you correct first and why?

Nidan

Purpose & Reflection

- What do you like about kyudo?
- State what you feel through your kyudo training.
- State about the good things you have gained through your kyudo study.
- State your impressions about kyudo training.
- Explain the underlying principles which support all movements. (Kyudo Manual Vol. 1, p. 30-31)
- What is your purpose for taking Shinsa?

Etiquette & Philosophy

- Explain the meaning of “The shooting, with the round of moving forward or backward can never be without courtesy and propriety (rei)” from the Raiki-Shagi.

Safety & Accident Prevention

- What do you do to prevent accidents?

Fundamentals & Terminology

- Name the "Basic Postures" (4) and explain what you know about the "Standing" posture
- Explain Toriyumi no Shisei (the bow holding posture).
- Explain Yatsugae-Dōsa (the nocking of the arrows) for Zasha .
- Explain Yatsugae-Dōsa (the nocking of the arrows) for Rissha .
- Explain Sanjū-Jūmonji .
- Define nobi and kiryoku and explain how they should appear in kai.

Form & Hassetsu

- Explain why zanshin is very important.
- Explain what the standards mean by continuity of energy from hikiwake to hanare to zanshin.
- Explain yadokoro and how DNKK evaluates it at Nidan.

Testing Standards & Shinsa Mindset

- List the Nidan disqualifiers/parameters described in DNKK standards (include threshold/exit and falling-arrow rules).

Scenarios / Application

- Scenario: your arrows show inconsistent alignment on azuchi. List three likely causes and three corrections.

Additional Questions

- Explain how important it is to have a proper shooting form.

- Explain with what intentions you are studying kyudo.
- Explain the aspects of kyudo that are different from other sports.
- Explain what is meant by the three and five crosses and why they matter at Nidan.
- What maintenance tasks are required at Nidan (include feather repair and ownership expectations).

Specialist / Vocabulary & Procedures (optional development shogo testing for nidan-Yondan)

Fundamentals & Terminology

- □ What is the term used for the ceremonial entering and exiting?
- □ What is the Japanese term for the container holding the arrows?
- □ What are the approximate distance in meters/feet used to shoot the target?
- □ What is the term used for the firing line?
- □ A sitting archer is called?
- □ What is the preparation line called?
- □ What is the Japanese term for target?
- □ What is the Japanese term for the bow string?
- □ The three crosses are called?
- □ The stretch after kai is called?
- □ The knock slipping off the glove is called?
- □ Arrows landing in disarray at the azuchi is called?
- □ The arrowhead is called?
- □ The centerline of the palm is called?
- □ The nock is called?
- □ A group of 3, 4 or 5 people is called a…?

Taihai & Procedures

- □ On which foot do you enter the dojo?
- □ Hitting the mato in the direct center count as more points than the rim?

Form & Hassetsu

- □ Yugaeri is the process of?
- □ Correct tenouchi requires the fingernails to be?
- □ Yazei can be best described as?

Additional Questions

- □ When removing the arrow from the target you should…?
- □ Hozuke is?
- □ The hiya feather vein is visible at the _____of the feather?

- The hazu is on which part of the arrow?
- Yudaoshi is…?
- Continuation of energy and vigor while shooting is…?
- The kokoguchi is located?
- When shooting the bow should be in alignment with the…?
- Name the shogo titles in correct order?

Sandan

Purpose & Reflection

- State your feelings about your kyudo training.
- Explain about the underlying principles of basic movements (kihon Dōsa).
- Explain the good outcome of makiwara practice.
- State the awareness you have in your daily practice.
- What are the difficulties that you encounter in your daily practice?
- What do you pay attention to in your daily practice?
- Explain the difficulties that you encounter in your daily practice and the efforts you make to overcome them.

Etiquette & Philosophy

- State about heijoshin (everyday mind) when you conduct shooting.
- Describe kiai in a way that supports the shot without disrupting form or etiquette.

Safety & Accident Prevention

- State about how to prevent accidents in the shooting area.

Fundamentals & Terminology

- Explain about the toriyumi posture.
- Explain about your mind set when performing the eight basic movements.
- List the Kihontai and explain.
- List the "fundamentals of shooting principle and shooting skill" and explain Mezukai
- List the "fundamentals of shooting principle and shooting skill" and explain the "basic body form (Tateyoko-Jūmonji and Gojū-Jūmonji)".
- Define matotsuke and describe what appropriate for rank means in observable terms.

Form & Hassetsu

- State some of the important points in forming daisan.
- Explain the important points of the kai structure.
- List the "fundamentals of shooting principle and shooting skill" and explain the "breathing (Ikiai)".
- Explain the process that takes place in assuming the position of kai.
- What points should be observed during hikiwake?
- Explain about the key points of hikiwake.
- Explain what it means to coordinate breathing with taihai and why it matters at Sandan.
- Describe how breathing affects kai stability and release quality.
- Explain the required relationship among tenouchi, arrow position at the cheek, right-wrist curvature, and string position at the chest.
- Explain the requirement for three seconds of kai with half yugaeri.

Testing Standards & Shinsa Mindset

- Explain the mental preparedness for taking Shinsa.
- State the Sandan hit requirement and list the stated prohibitions (include shitsu and target-house curtain restrictions).

Instruction & Leadership

- State about the points to be concerned with in kyudo instruction.

Scenarios / Application

- Scenario: one arrow hits mato and the second hits maku. What is the testing consequence at Sandan?

Essays / Written Prompts

- Write on the benefits of Makiwara training.
- Write on the importance of "Sanjū-Jūmonji".
- Essay prompt: How tenouchi produces yugaeri without forcing.
- Essay prompt: Why refinement is more than accuracy at Sandan.

Additional Questions

- State the difference between kyudo and other sports.
- Explain about your application of kyudo training to your daily life.
- State about the difficult areas of your Kyudo training.
- Explain how to make Toriya (the action of taking Otoya).
- How do you make use of Kyudo training in your daily life?

Yondan

Purpose & Reflection

- Explain about mental preparation and attitude in the performance of shooting.
- Explain the supreme goal of kyudo training.

Etiquette & Philosophy

- Explain why they say, “Shooting is life.”
- What is the main message of the "Raiki-Shagi"?
- What is the main message of the "Shahô-kun"?
- Explain the teachings of the Raiki-Shagi and Shahō-Kun.

Fundamentals & Terminology

- List the kihontai and explain its importance.
- State about the important points of gazing (Mezukai) as they relate to the fundamental shooting movements (8 remarks about fundamental movement).
- Explain about Gojujumonji.
- Explain the points to consider when performing the basic movements.
- Explain about kihontaikei.

Taihai & Procedures

- State the importance of taihai.

Form & Hassetsu

- Explain about the critical points of kai.
- Explain about tsume and nobi in kai.
- Explain about the importance of zanshin (remaining spirit, remaining posture).
- Explain how the daisan preparation effects shooting.
- Explain the ideal hanare.
- Explain what is meant by the fullness of the Tanden.
- Explain about zanshin.
- Explain what attempt to perform taihai with breathing means and how judges can observe it.

Testing Standards & Shinsa Mindset

- State about the significance of taking tests.
- What clothing/format is required for the Yondan test performance under DNKK standards?
- State the Yondan hit requirement and the shitsu rule in DNKK standards.

Scenarios / Application

- Coaching scenario: write a correction plan for a Shodan whose grip causes bow drop.

Essays / Written Prompts

- Write on how to prepare mentally before an exam and on the importance of taking an exam.
- Essay prompt: Breath coordination as a marker of maturity in kyudo.

Additional Questions

- Explain how important “The proper shooting form” (tadashi shakei) is.
- State how important correct shooting form is.
- List the "fundamentals of shooting principle and shooting skill" and explain the "working of spirit (Kokoro) and spiritual energy (Ki)".
- Explain what significant bow drop due to grip means and why it is penalized.

Godan

Purpose & Reflection

- State about your effort to improve heijoshin.
- What are your thoughts about zanshin (remaining spirit, remaining posture).
- What do you pay attention to with regard to all forms of harassment?
- What is your goal and what are you doing to achieve that goal?
- Explain ukewatashi to daisan: purpose, order, and common mistakes.
- Explain what calm behavior and attitude mean during entering, waiting, errors, and being judged.

Etiquette & Philosophy

- State about the moral educational effects of practicing Kyudo.
- Explain Shin, Zen, Bi.
- Explain how to bow in the sitting posture (Za-Rei) with the bow and arrows. (Kyudo Manual Vol. 1, p.45)
- How do you connect the saying "Shooting is Standing Zen" (Sha wa Ritsu-Zen) with your daily life?

Safety & Accident Prevention

- What should one be careful of when performing Hadanugi or Tasuki sabaki ?

Fundamentals & Terminology

- Explain the basic movements.
- Explain the importance of Kihontai (the fundamental form).
- Explain Go-Dō (the "Five Torsos").

Form & Hassetsu

- Explain about Ikiai.
- Explain about kai.
- Explain about hanare.
- Clarify the meaning of "Zanshin is the final settlement of accounts".
- Explain the guidelines regarding the role and function of the Kaizoe.
- Explain what it means for taihai to be coordinated with breathing at Godan.
- Explain the requirement for a deep and stable five-second kai and what deep and stable mean.
- List the Godan testing requirements stated in DNKK standards (hits, yugaeri/bow-drop limit, equipment requirement).

Testing Standards & Shinsa Mindset

- State the significance of taking rank tests and the mindset of taking tests.

- Why does DNKK require bamboo yumi and arrows for Godan testing?

Instruction & Leadership

- How would you teach elderly beginners?

Scenarios / Application

- Scenario: diagnose a candidate with strong hits but inconsistent yugaeri. What do you evaluate first and why?

Essays / Written Prompts

- Write on the "everyday mind" (Heijôshin).
- Write on the supreme goal of Kyudo.

Additional Questions

- Explain what the "Basic Body Form" (Kihon-Taikei) is.
- Explain the meaning of "Hiku-Yazuka Hikanu-Yazuka ni Tada-Yazuka".
- Explain the focus of the eyes.

Shogo- Renshi or Koshi

Renshi- Instructor Category

Purpose & Reflection

- State how you think kyudo training should be. (Answer should include the four main objectives of Master Uno. Don't just state your personal opinions.)
- Explain your motivation (feelings about) for taking the Renshi exam.
- Explain the purpose of mochimato sharei and what it reveals about a candidate.

Etiquette & Philosophy

- Explain about the moral and cultural effects of kyudo training.
- It is said that the cardinal virtues of Kyudo are sincerity and etiquette. Why?
- Explain the timings of mochimato sharei.
- Describe how you teach reigi to beginners in the first month.

Fundamentals & Terminology

- Explain about the necessity to maintain the kihontaikei. (Basic body form, item 2 of the 5 fundamentals of shooting principle and shooting skill, page 56 of the kyohon.)
- What are the criteria for forming the tate yoko jumonji?
- Define firm character in dojo leadership and give three concrete examples.

Taihai & Procedures

- Explain the importance of taihai.
- Explain the relationship between shooting technique and taihai.

Form & Hassetsu

- Explain how the preparation for daisan influences shooting.
- Describe the importance of tsumeai and nobiai.
- Explain the working of gobu no tsume and shibe no hanare (five parts firmed, four-part release).
- Explain your method for teaching tenouchi without creating tension.

Testing Standards & Shinsa Mindset

- Take some examples of shitsu and write about the recovery from them.

Instruction & Leadership

- State about the critical points of instructing beginners.

Scenarios / Application

- Scenario: two judges disagree on a borderline performance. How do you handle it professionally?

Essays / Written Prompts

- Write on the relationship between Ashibumi and Hikiwake.
- Written prompt: Building correct shakei through progressive training (outline).

Additional Questions

- Explain about the resistance of the bow.
- Explain the dual qualities of mind (shin) and Technique (gi or waza).
- Explain the meaning of "Hiku-Yazuka Hikanu-Yazuka ni Tada-Yazuka".
- Describe the characteristics of bows made of synthetic materials and bamboo bows.
- Describe your thinking concerning shahin and shakaku.
- How do you correct unsafe line behavior respectfully and effectively?

Koshi- Specialist category

Etiquette & Philosophy

- How do you prepare someone for competition without degrading reigi and form?

Fundamentals & Terminology

- Define specialized technical knowledge in kyudo and name three domains you must master at Koshi.

Instruction & Leadership

- Explain ethical boundaries of coaching and judging (what you refuse to compromise).

Essays / Written Prompts

- Ronbun outline prompt: Tenouchi to yugaeri to bow control: diagnosis and correction.
- Ronbun outline prompt: Tsumeai and nobiai and the nature of correct hanare.

Additional Questions

- How would you rehabilitate chronic bow-hand tension in an advanced archer?
- Describe your technical diagnostic protocol (what you check first, second, third).

Verbal interview and discussion- 3 questions

Etiquette & Philosophy

- Timings for Mochimato sharei.
- Shaho shagi

Fundamentals & Terminology

- Eight cautions for kihontai/kihon dosa.
- Godo

Taihai & Procedures

- Important points of taihai.
- Shari Kantoku
- Why is the knee raised?
- Relationship between shajitsu and taihai.

Form & Hassetsu

- Responsibility of Dai Ichi Kaizoe at hada nugi and hada ire, also when to stand.
- The three hikiwakes.
- Most important points of kai.

Instruction & Leadership

- How do you plan to teach Kyudo?

Additional Questions

- Explain the movements of the left hand in hada nugi.
- Shitsu of yumi, ya and tsuru.
- Kihotaikei
- Explain the mindset of a Renshi.

Rokudan

Purpose & Reflection

- State your kyudo training principles in order to be an instructor.
- Explain kyudo instruction principles from both mental and technical aspects.
- State your thoughts about shahin and shakaku.
- Explain about the main objectives of kyudo (four items listed on page 8 of kyohon by master Uno).
- Explain the kyu-sha no kihon (principles of shooting technique i.e. shaho-shagi as listed on page 56).
- Explain the objectives (doctrines) of modern Kyudo.
- Explain how to do Sumashi (clearing thoughts and calming the mind).

Etiquette & Philosophy

- Explain about “shooting is life”.

Fundamentals & Terminology

- Explain about sanmi ittai (three essentials united as one).
- State about the basics of shooting Kyusha (shaho – shagi no kihon).
- Define shahin and give observable markers of refinement.

Form & Hassetsu

- Explain the importance of daisan and hikiwake.

Testing Standards & Shinsa Mindset

- Cite examples of shitsu and how to recover from them.
- Explain the difference between shakei and shajitsu and why both must be excellent at this rank.
- Compare expectations for Renshi vs Koshi vs Shushi based on DNKK standards.
- Oral prompt: How do you maintain consistent standards across multiple countries without losing harmony?

Instruction & Leadership

- State the critical points of instructing beginners.
- How do you explain to beginners the main points of Kyudo.
- How do you train as a teacher?

Essays / Written Prompts

- Name the necessary conditions of Kai and write on their importance.
- Ronbun outline prompt: How refinement becomes visible in the body over decades of training.

- Ronbun outline prompt: Building a training culture that produces excellent shakei and shajitsu across many students.

Additional Questions

- Explain what the Fundamentals of Shooting Principle and Shooting Skill are.
- Explain Sha Soku Jinsei ("Kyudo is Life").
- Describe your thinking concerning Shahin and Shakaku.
- Explain Kyoshi eligibility expectations and what meritorious service could include.