



# Swiss Naginata Federation

## Kyu grade criteria

	Ashi-sabaki	Kamae	Furi-sabaki	Bogu	Kihon	Shikake-Ōji	Written exam
<b>6th kyu</b>	Everything (okuri-ashi, ayumi-ashi, tsugi-ashi, hikari-ashi, fumikae-ashi)	shizentai mochikae chudan	jogeburi	No	men (furiage, soku) sune (furiage, soku)	ipponme	No
<b>5th kyu</b>	Everything (okuri-ashi, ayumi-ashi, tsugi-ashi, hikari-ashi, fumikae-ashi)	shizentai mochikae chudan hasso gedan	jogeburi furikaeshi	No	men (furiage, soku, sayu) sune (furiage, soku, sayu)	ipponme nihonme	No
<b>4th kyu</b>	Everything (okuri-ashi, ayumi-ashi, tsugi-ashi, hikari-ashi, fumikae-ashi)	shizentai mochikae chudan hasso gedan waki	jogeburi yokuburi furikaeshi	No	men (furiage, soku, sayu) sune (furiage, soku, sayu) dō  furikaeshi (men, sune) uchikaeshi (forwards only)	ipponme nihonme sanbonme	No

Swiss Naginata Federation Grading

	<b>Ashi-sabaki</b>	<b>Kamae</b>	<b>Furi-sabaki</b>	<b>Bogu</b>	<b>Kihon</b>	<b>Shikake-Ōji</b>	<b>Written exam</b>
<b>3rd kyu</b>	Everything (okuri-ashi, ayumi-ashi, tsugi-ashi, hikari-ashi, fumikae-ashi)	shizentai mochikae chudan hasso gedan waki	happoburi	No	men (furiage, soku, sayu) sune (furiage, soku, sayu) dō furikaeshi (men, sune) uchikaeshi (forwards - backwards - forwards)	ipponme nihonme sanbonme yonhonme	No
<b>2nd kyu</b>	Everything (okuri-ashi, ayumi-ashi, tsugi-ashi, hikari-ashi, fumikae-ashi)	shizentai mochikae chudan hasso gedan waki jōdan	happoburi	uchikaeshi (forwards only)	men (furiage, soku, sayu) sune (furiage, soku, sayu) dō furikaeshi (men, sune) Kote uchikaeshi (forwards - backwards - forwards)	ipponme nihonme sanbonme gohonme	Yes
<b>1st kyu</b>	Everything (okuri-ashi, ayumi-ashi, tsugi-ashi, hikari-ashi, fumikae-ashi)	shizentai mochikae chudan hasso gedan waki jōdan	happoburi	uchikaeshi (forwards - backwards - forwards) ji-geiko	men (furiage, soku, sayu) sune (furiage, soku, sayu) dō furikaeshi (men, sune) Kote Tsuki	ipponme nihonme sanbonme gohonme	Yes

## Kyu grade possible exam questions

The examinee going for 2nd kyu may choose 5 questions from the corresponding list. If the examinee is being tested for 1st kyu, 7 questions may be chosen.

### Kyu 2

1. Write the pronunciation of the counting of 1 - 10 in Japanese.
2. How do you say "Thank you very much" in Japanese?
3. What is the meaning of *sotai*?
4. What is the meaning of *kotai*?
5. Explain the term *shizentai*.
6. What are the characteristics of the six *kamae* in Naginata?
7. Explain how to assume *chudan-no-kamae*.
8. What are the 5 types of *ashi-sabaki* used in Naginata?
9. What are the various swings for striking in Naginata (*suburi*)?
10. What kind of competitions are there in Naginata?
11. Write at least 3 situations in which a competitor may receive a *hansoku* during *shiai*.
12. What are the characteristics of *uchikaeshi*?
13. What is a *shinpan*?
14. Draw a detailed structure of the *Shiai-Naginata* and name its parts.
15. Name the parts of the *bogu*.
16. What is *engi*?
17. What is *shiai*?

### Kyu 1

1. What is the official definition of Naginata as a martial art?
2. Explain the importance of *reigi* in Naginata.
3. Explain the various bows in Naginata.
4. What is *te-no-uchi*?
5. Explain the term *shizentai*.
6. What are the characteristics of the six *kamae* in Naginata?
7. Explain how to assume *chudan-no-kamae*.
8. What are the 5 types of *ashi-sabaki* used in Naginata?
9. What are the various swings for striking in Naginata (*suburi*)?
10. What constitutes a correct strike?
11. What are the *datotsu-bui* in Naginata?
12. What is *zanshin*?
13. What is *seme*?
14. What are the characteristics of *uchikaeshi*?
15. What are the important points when doing *uchikaeshi*?
16. Outline the types of Naginata competition.
17. Draw a detailed structure of the *Shiai-Naginata* and name its parts.