

AKR NATIONAL KENDO GRADING WRITTEN EXAMINATION EXAMPLE

Candidate's ID Number	
Date	Tuesday, 22 April 2025
Location	Radford College, Canberra, ACT, Australia
Grade Attempted	1 st Dan

1A	Explain the purpose and benefits of practising <i>kirikaeshi</i>.
<p>Penguins are fascinating flightless birds adapted for aquatic life, with many species living in the Southern Hemisphere, and some even near the equator. They are excellent swimmers, social, and have unique adaptations for survival in cold climates.</p> <p>Fun facts about penguins include: they don't have teeth (since they are birds); they are only found in the Southern Hemisphere (mostly concentrated in Antarctica); and the common ancestors of penguins first appeared off the coast of Australia, New Zealand, and some additional South Pacific islands around 22 million years ago. At least, that's what Google said.</p> <p>Topics about these animals make a great conversation starter. How much does a penguin weigh? Enough to break the ice! Also, did you know, penguins don't get along with polar bears? You can say, they are polar opposites.</p> <p>The word count for the answer contained inside this box, including this sentence, comes to 150.</p> <p>Good luck!</p>	

1B	Explain the importance of <i>reiho</i> (etiquette) in Kendo.
<p>Penguins are fascinating flightless birds adapted for aquatic life, with many species living in the Southern Hemisphere, and some even near the equator. They are excellent swimmers, social, and have unique adaptations for survival in cold climates.</p> <p>Fun facts about penguins include: they don't have teeth (since they are birds); they are only found in the Southern Hemisphere (mostly concentrated in Antarctica); and the common ancestors of penguins first appeared off the coast of Australia, New Zealand, and some additional South Pacific islands around 22 million years ago. At least, that's what Google said.</p> <p>Topics about these animals make a great conversation starter. How much does a penguin weigh? Enough to break the ice! Also, did you know, penguins don't get along with polar bears? You can say, they are polar opposites.</p> <p>The word count for the answer contained inside this box, including this sentence, comes to 150.</p> <p>Good luck!</p>	