

AKR NATIONAL KENDO GRADING WRITTEN EXAMINATION EXAMPLE

Candidate's ID Number	
Date	Tuesday, 7 April 2026
Location	Tallebudgera Recreation Precinct, Gold Coast QLD
Grade Attempted	1 st Dan

1A	Explain the purpose and benefits of practising <i>kirikaeshi</i>.
<p>Polar bears, animals native to the Arctic (polar region surrounding the North Pole), received its Latin name, <i>ursus maritimus</i>, meaning “sea bear”, in 1774. Other names included the “white bear”, “ice bear”, and “Greenland bear”. They are closely related to the brown bears, and are the largest land carnivores by body mass. They can eat more than 45 kg in one sitting!</p> <p>Polar bears may travel more than 1,000 km in one season, depending on the availability of their prey and the quality of the surrounding sea ice.</p> <p>There is an estimate of fewer than 31,000 polar bears remaining, which places the species in the Vulnerable category, according to the <i>International Union for Conservation of Nature</i>.</p> <p>Polar bears enjoy cringe dad jokes, like this one: a polar bear walks into a bar, and says, “hello, I am..... polar bear”. The bartender asks, “why the big paws?” The end</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>	