

## Written Examination Questions for *Chihō* (Local) & *Rengō* (Regional) Shinsa

To ensure the fairness and impartiality of Shinsa, the 2026 edition of the written examination questions for *Chihō* (Local) and *Rengō* (Regional) Shinsa shall be made public.

For Mushitei and Shodan categories, candidates shall answer both questions, 1 and 2 from Group A (each worth 25 points) and will be allocated one question from Group B (worth 50 points).

For Nidan and above categories, candidates shall answer one question which will be allocated from Group A (worth 50 points) and one question allocated from Group B (worth 50 points).

The written examination mark, calculated on a scale of 100 points, will be the sum of the marks obtained for A and B.

Category	Group A ( <i>Shahō-Shagi no Kihon, Taihai, Kihontai</i> , etc.)	Group B (Philosophy, Concepts, Attitude towards Training, etc.)
Mushitei Shodan	<ol style="list-style-type: none"> <li>1. Write down the <i>Shahō Hassetsu</i> (Eight Stages of Shooting) in the correct order. (25 points)</li> <li>2. Choose and explain one of the <i>Shahō Hassetsu</i>. (25 points)</li> </ol>	<ol style="list-style-type: none"> <li>1. Describe your motivation (reason) for starting Kyudo.</li> <li>2. Describe what you have learnt from studying Kyudo.</li> <li>3. Describe what you would like to learn through Kyudo.</li> </ol>
Nidan	<ol style="list-style-type: none"> <li>1. Briefly explain what you pay attention to in <i>Ashibumi</i> and <i>Dōzukuri</i>.</li> <li>2. Briefly explain what you pay attention to in <i>Yugamae</i> and <i>Uchiokoshi</i>.</li> <li>3. Briefly explain what you pay attention to in <i>Hikiwake</i> and <i>Kai</i>.</li> <li>4. Briefly explain what you pay attention to in <i>Hanare</i> and <i>Zanshin</i>.</li> </ol>	<ol style="list-style-type: none"> <li>1. Describe your goals in practising Kyudo.</li> <li>2. Describe the benefits you have gained from practising Kyudo.</li> <li>3. Describe your mindset when you learn Kyudo.</li> </ol>
Sandan	<ol style="list-style-type: none"> <li>1. Explain why <i>Tsumeai</i> and <i>Nobiai</i> are important.</li> <li>2. Describe the points that one should be aware of in <i>Hikiwake</i>.</li> <li>3. Explain the benefits of <i>Makiwara</i> training.</li> <li>4. Explain <i>Mezukai</i> (the use of the gaze).</li> </ol>	<ol style="list-style-type: none"> <li>1. Describe your vision of Kyudo.</li> <li>2. Describe aspects you focus on in your daily practice of Kyudo.</li> <li>3. Describe the points you pay attention to in order to ensure the safety of your fellow practitioners during Kyudo practice.</li> <li>4. Describe the difficulties you encounter in your daily practice and how you are addressing them.</li> </ol>
Yondan	<ol style="list-style-type: none"> <li>1. Explain <i>Gojū-Jūmonji</i>.</li> <li>2. Describe the key points to keep in mind when establishing the position of <i>Kai</i>.</li> <li>3. Explain <i>Kihontai</i> (the fundamental form) and its important points.</li> <li>4. Explain the breathing (harmony of breath - <i>Ikiai</i>).</li> <li>5. Describe the importance of <i>Tenouchi</i>.</li> </ol>	<ol style="list-style-type: none"> <li>1. Describe what you have learnt from studying Kyudo.</li> <li>2. Describe the approach known as <i>Shūren</i> (mental and physical refinement) in Kyudo.</li> <li>3. Describe the correct attitude in the performance of shooting.</li> <li>4. Explain the concept of <i>Heijōshin</i> (everyday mind) in the context of the performance of shooting.</li> </ol>
Godan	<ol style="list-style-type: none"> <li>1. Describe the key points to keep in mind when making <i>Daisan</i>.</li> <li>2. Describe the importance of <i>Kihontai</i> (the fundamental form).</li> <li>3. Describe <i>Shahō-Shagi no Kihon</i> (the fundamentals of shooting principle and shooting skill).</li> <li>4. Explain <i>Kihon Taikei</i> (the basic body form).</li> </ol>	<ol style="list-style-type: none"> <li>1. Describe the significance of taking Shinsa.</li> <li>2. Describe the precautions you take to prevent accidents when teaching.</li> <li>3. Describe the precautions you take to prevent various types of harassment.</li> <li>4. Describe the main objectives of Kyudo practice.</li> </ol>