

# 2025 North America Zone Shinsa

## Written Questions

### Instructions

Choose three of the questions from each of the five below to answer. Submit your answers to [sscherr319@proton.me](mailto:sscherr319@proton.me) by December 5, 2025.

### Ikkyu

1. What is Kiai, and what are the two Kiai used in Seitei Jodo?
2. Describe the position of your feet before striking in honteuchi and hikiotoshiuchi.
3. Name the posture where the feet are together and the jo is held level by the side of the body.
4. What is the command to bow to each other?
5. What is the target for the first strike in Tsukizue?

### Shodan

1. List the names of the 12 kihon tandoku (solo exercises).
2. Describe what is meant by the Japanese term Ma-Ai.
3. Describe in your own words how to enter the beginning position in the sixth kata, Monomi.
4. What is the approximate overlap of sword and jo in the awase position?
5. Name the founder of Shinto Muso Ryu.

### Nidan

1. Explain what is meant by Ki-Jo-Tai-Ichi.
2. List the names of the 12 seitei jodo katas.
3. Starting in tsune no kamae, describe in your own words how to assume the opening kamae of the number 7 seitei kata, Kasumi.
4. Describe the meaning and types of rei.
5. Describe the correct attitude for Uchi to have when using tachi.

### Sandan

1. What is uchi's cutting target in the tenth kata, Seigan?

2. Explain in your own words how the awase position is taken in the third kata, Hissage, clarifying both the distance and timing during the movement.
3. Explain how uchi should respond to the first strike by shi in Tachiotoshi, clarifying both the movement of the feet and sword position.
4. What is the importance of kata practice?
5. Describe the two main types of Ma-Ai encountered in the second kata of the ZNKR jodo set.

## Yondan

1. What principles are important to prioritise in instructing Seitei Jodo?
2. Describe the relationship and importance of Sotai Dosa in comparison to Tandoku Dosa and Kata.
3. When teaching a beginner Honte-Uchi kihon, what points would you emphasize?
4. Describe three of the most important things for an Ikkyu candidate to achieve in their ikkyu test?
5. Describe the Ma-Ai named in the Seitei green book, and label each Ma-Ai in Midaredome correctly.