



ESTONIAN NAGINATA FEDERATION

Kyu ranking regulations

(Approved in April, 2021)

ROKKYU EXAM REQUIREMENTS

Note: if the student does not have a uniform, then he must wear a sports uniform – black pants and white t-shirt

Theory

1. What is dojo
2. Who is sensei
3. What is naginata proper uniform
4. What is reigi
5. What is Atarashi Naginata
6. List 5 main parts of the shiai naginata
7. Count to 10 (ten) in Japanese
8. What is kihon
9. What is metsuke
10. What is kayoi

Practice

1. Pick up of naginata
2. Suri-ashi
3. Shizentai
4. Proper ritsurei
5. Seiza (uza-saki with naginata)
6. Proper zarei
7. Kiritsu
8. Chudan no kamae and back to shizentai after naore command
9. Chudan and mochikaete (proper fumikae ashi)
10. Ashi sabaki: okuri ashi (mae, ato)
11. Suburi: jogeburi (migi, hidari) with correct mochikaete above the head
12. Datotsu: men uchi (migi, hidari), furiagete sune (migi, hidari)
13. Put naginata back on the floor

GOKYU EXAM REQUIREMENTS

Note: uniform is needed

Theory

1. Main rules of the safety in dojo
2. What is keiko
3. What is te-no-ichi
4. What is te-no-uchi
5. What is hanmi
6. What is mizo-uchi
7. What is ai-chudan
8. What is waza
9. What is uke-waza
10. What is nuki-waza
11. What is kurikomi and kuridashi

Practice

1. Ashi sabaki: okuri ashi, ayumi ashi, tsugiashi, hiraki ashi, fumikae ashi
2. Kamae: chudan no kamae, hasso no kamae, wakigamae
3. Suburi: jogeburi, nanameburi
4. Datotsu: men uchi (h,m), furiagete sune uchi (h,m), sokumen uchi (m,h) sune uchi (m,h) nidan waza
5. Uke: men uke, men e-uke, sune uke, sune e-uke, understanding of ura and omote sides
6. Uchikaeshi mae (uchikata and ukekata)
7. Shikake-Oji: Ipponme, Nihonme
8. Disassemble and reassemble naginata in 5 min

YONKYU EXAM REQUIREMENTS

Theory

1. List the main social classes who used naginata in medieval Japan
2. What is mokuso
3. What is budo
4. What is kobudo (or koryu)
5. What is tanden
6. What is kiai
7. What is seme
8. What is harai waza

Practice

1. Ashi sabaki: okuri ashi, ayumi ashi, tsugiashi, hiraki ashi, fumikae ashi
2. Kamae: chudan no kamae, hasso no kamae, wakigamae, gedan no kamae, jodan no kamae
3. Suburi: jogeburi, nanameburi, yokoburi, nanameburi shita-kara, furikaeshi

4. Datotsu: men uchi (h,m), furiagete sune uchi (h,m), sokumen uchi (m,h), sune uchi (m,h), do uchi (h,m), kote uchi (h,m), furikaeshi uchi (men, sune), nidan waza
5. Uke: men uke, men e-uke, sune uke, sune e-uke
6. Uchikaeshi: uchikata, ukekata
7. Shikake-Oji: Ipponme, Nihonme, Yonhonme

SANKYU EXAM REQUIREMENTS

Note: student must have a bogu

Theory

1. List important points in the history of Your's country naginata federation
2. Explain meaning of Your naginata club kamon (logo)
3. List and show all bogu parts
4. List all datotsu bui
5. What strikes are forbidden in Atarashi Naginata
6. What is ma-ai
7. What is makiotoshi waza
8. What is zanshin

Practice without bogu

1. Ashi sabaki: all
2. Kamae: all
3. Happoburi
4. Datotsu: men uchi, furiagete sune uchi, sokumen uchi, sune uchi, do uchi, kote uchi, furikaeshi uchi (men, sune), inko tsuki, kurikonde inko tsuki, nidan waza
5. Uchikaeshi: uchikata, ukekata
6. Shikake-Oji: Ipponme kara Gohonme

Practice with bogu

1. Prepare and put bogu correctly on the place
2. Put bogu on within 4 minutes
3. Uchikaeshi mae: uchikata, ukekata
4. Kakarigeiko: 6 strikes
5. Take bogu off and put back correctly on the place

NIKYU EXAM REQUIREMENTS

Theory

1. Name some existing traditional naginata schools
2. Tell a historical event or person related to naginata
3. What is the o-naginata and what is the ko-naginata
4. Name a some Japanese traditional weapons, similar to naginata
5. What is the European Naginata Federation and what activities they do
6. What is INF

7. Name all kinds naginata competitions You know
8. Who is the shinpan
9. What is the use of the learning naginata

Practice without bogu

1. Ashi sabaki: all
2. Kamae: all
3. Happoburi
4. Datotsu: all, nidan waza, sandan waza
5. Uchikaeshi: uchikata, ukekata
6. Shikake-Oji: Ipponme kara Hachihonme

Practice with bogu

1. Put bogu on within 3 minutes
2. Uchikaeshi: uchikata, ukekata
3. Kakarigeiko 10 strikes, nidan waza
4. Take bogu off within 3 minutes
5. Fold hakama, gi and obi within 3 minutes

IKKYU EXAM REQUIREMENTS

Theory

1. List 10 main parts of the real steel naginata
2. Write kanji meaning naginata
3. What is tamahagane
4. List periods of Japanese medieval history
5. List main parts of the men helmet
6. List competitions where You participated, when

Practice

1. Ashi sabaki: all. Explain what is yose-ashi, nuki-ashi, kumi-ashi
2. Kamae: all. Explain what is proper chudan no kamae
3. Hap-po-buri
4. Datotsu: all, nidan waza, sandan waza
5. Uchikaeshi: uchikata, ukekata
6. Shikake-Oji: Ipponme kara Hachihonme

Practice with bogu

1. Uchikaeshi: uchikata, ukekata
2. Kakarigeiko nidan waza, sandan waza
3. Explain how to open correctly datotsu for kakarigeiko
4. Jigeiko 1 minute

