

# **SAN DIEGO KENDO BU BEGINNERS SKILL GOALS**

## **0 - 2 Months of Continuous Practice**

- Proper *reigi* e.g.: cleaning of dojo, proper bows and addressing of instructors and senior students
- Knowledge of basic commands - *kamae, sonkyo, seiza, rei, mokuso, hajime, yame, etc.*
- Show proper *kamae*, starting foot and hand positions
- Perform proper Ashisabaki (footwork)
- Perform *kote, men, and doh* using the proper footwork and *kiai*

⇒ After 2 Months: You will be tested on all above skills and knowledge.

⇒ If Pass, Kikunaga Sensei will recommend approving you purchase and wear Dogi (Keikogi and Hakama).

## **2 - 4 Months of Continuous Practice**

- Show improved basic skills of all 0 - 2 Months goals
- Put on and fold up their *dogi*
- Perform *nidan waza (kote-men)*
- Perform *kirikaeshi*
- Demonstrate good Ki-Ken-Tai-Ichi
- Demonstrate proper Zanshin
- Maintain and name the parts of the *shinai*

⇒ After 4 months: You will be tested on all above skills and knowledge.

⇒ If Pass: Kikunaga Sensei will recommend approving you purchase and wear full Bogu.

## **4 - 6 Months of Continuous Practice**

- Show improved basic skills of all 0 - 2 and 2 - 4 Months goals
- Understand *maai*. (i.e. *issoku itto maai*)
- Put on *dogu* without assistance
- Able to do *kakari-geiko* and *ji-geiko*
- Able to begin and end a *keiko* or *shiai* properly
- Demonstrate good Tenouchi
- Demonstrate good Fumikomi
- Be able to Lead Warmups

⇒ After 6 months: You will be tested on all above skills and knowledge

⇒ If Pass, Kikunaga Sensei will recommend approving you for rank of 6 kyu or 5 Kyu