

Shinai

1. What is the minimum age for Shinai participation?
 - a) 10 years old
 - b) 12 years old**
 - c) 14 years old
 - d) 16 years old
2. Which of the following is NEVER allowed in Shinai combat
 - a) Slashing
 - b) Blocking
 - c) Thrusting**
 - d) All of the above.
3. When is it acceptable to argue with the Marshall?
 - a) When you know that you are right
 - b) When both combatants disagree
 - c) Both A & B
 - d) Never**
4. What is acceptable head protection for Shinai combat
 - a) Football helmet
 - b) Hockey helm
 - c) Fencing mask
 - d) Both B & C**
5. What is the minimum protection requirement for back of the head
 - a) Rigid
 - b) Light cloth
 - c) None
 - d) 1/4 inch padding or equivalent**
6. Is a gorget required for Shinai?
 - a) Yes**
 - b) No
7. Does a dog- collar gorget meet neck protection requirements?
 - a) Yes
 - b) No**
8. When is rigid kidney protection required?
 - a) Always
 - b) Never
 - c) 12 to 16 years old
 - d) Under 18 years of age**
9. All skin should be covered at minimum by...
 - a) Chain mail
 - b) Light leather
 - c) 6 oz. Fabric, i.e. t-shirt**
 - d) None of the above
10. What are the requirements for arm and leg protection
 - a) Elbow pads
 - b) Knee pads
 - c) Both A & B

- d) Both are Recommended but not required**
11. Who is required to wear an athletic cup
- a) **Men**
 - b) Women
 - c) Both A & B
 - d) None of the above
12. Which of the following meets the minimum standard for hand protection
- a) Gauntlets
 - b) **Leather gloves**
 - c) Cotton gloves
 - d) None of the above
13. What is the minimum blade length of a Shinai weapon?
- a) 12 inches
 - b) **18 inches**
 - c) 20 inches
 - d) 24 inches
14. Is a Shinai a double edged weapon?
- a) **Yes**
 - b) No
15. What is the maximum length of a Shinai pole-arm?
- a) 10 feet
 - b) 8 feet
 - c) **7 feet**
 - d) 6 feet
16. What is a draw-cut?
- a) A cross-body slashing blow
 - b) A neck strike
 - c) **A pulling back motion with your forward edge in contact**
 - d) None of the above
17. "When in doubt, fight it out" is used when?
- a) When you have a disagreement with another combatant
 - b) When you disagree with the Marshall
 - c) **When there is no determined winner**
 - d) All of the above
18. What is the acceptable force of a blow?
- a) As hard as you can safely swing.
 - b) Hard enough to move your opponent.
 - c) **No force greater than to be felt by your opponent**
 - d) Up to the combatants.
19. Combatants may not enter the field without
- a) Having signed a liability waiver
 - b) Having proof of qualification (combat card)
 - c) Meeting minimum armor requirements
 - d) Taking the sword oath
 - e) **All of the above**

20. The command "hold" means:
- a) Grab on to something
 - b) Don't let go of your weapon
 - c) **Stop all combat and take a knee**
 - d) Wait to strike your opponent
21. How many warnings will be given for use of excessive force:
- a) **2**
 - b) 4
 - c) 1
 - d) 3
22. The command "lay on" means:
- a) **Begin combat**
 - b) Stop combat
 - c) Get ready to fight
 - d) Lay down
23. When is it OK to strike at an opponent's hand:
- a) Never
 - b) When they are using it offensively
 - c) **When they are using it defensively**
 - d) Anytime
24. When can a combatant strike an archer:
- a) While they are firing
 - b) **Never**
 - c) Whenever they want
 - d) If they are about to get shot
25. You may strike an opponent while laying on the ground
- a) True
 - b) **False**