

Kendama Black Belt Workshop

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The table below outlines the tricks that are used to determine first rank, or *shodan* level in testing done by the Japan Kendama Association (*Nihon Kendama Kyoukai*). It is assumed that the first ten fundamental tricks* have been mastered to at least a 5/10 success ratio. In several instances, a fundamental trick forms the basis for the more advanced version.

	English Name	Japanese Name	Steps in the trick	Number of Successful Attempts Required
1	Around the World	<i>Sekai isshuu</i>	Small Cup-Big Cup-Middle Cup-Spike	4/10
2	Lighthouse	<i>Toudai</i>	Pull to balance on ball	4/10
3	Sliding Spike	<i>Kensaki suberi</i>	Pull ball to balance on edge of spike, and slide to hole	3/10
4	Spin the Earth	<i>Chikyuu mawashi</i>	Swing ball to spike (furiken), and flip ball back to spike	3/10
5	Drop the Hill	<i>Saka otoshi</i>	Pull to balance on ball (toudai), and drop spike to hole	2/10
6	Reverse Swing Spike	<i>Ura furiken</i>	Swing ball toward body to land on spike	2/10
7	Around the Universe	<i>Uchuuu isshuu</i>	Pull to balance on edge of spike, spike, small cup, spike, big cup, spike, middle cup, spike	1/10
8	Warbler (Bird on a perch)	<i>Uguisu</i>	Pull ball to balance on edge of big cup	1/10
9	String Grip Pull to Spike	<i>Tsurushi tomeken</i>	Hold string with ball/spike balanced, pull to grab spike, and land ball on spike	1/10
10	Jumping Spike	<i>Haneken</i>	Swing spike to ball hole (hikouki), and flip spike back to hole	1/10
11	Singing Turtle	<i>Moshi kame</i>	Ball switches between big cup and middle cup	200 per minute

*First Ten Fundamental Tricks:

Big Cup, Small Cup, Middle Cup, Candle, Pull to Spike, Airplane, Swing to Spike, Around Japan, Around the World, Singing Turtle.

Web Resources:

<http://kendama.or.jp/english/>

Japanese Kendama Association English portal

<http://kendama.co.uk/>

British Kendama Association

<http://supertricks.kendama.jp/>

Video Clips Galore!

<http://s1.muryo.etowns.net/~westpitboo/FL0101.html>

Kendama Flash Animations-Menu #1

<http://s1.muryo.etowns.net/~westpitboo/FL0102.html>

Kendama Flash Animations-Menu #2

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Feedback: Please feel free to offer your comments and critiques about your experience during this workshop at: <https://goo.gl/y4BDr7>