

## BRITISH KENDO ASSOCIATION

### IAIDO GRADING QUESTIONS – **Darlington seminar November 2016.**

Please answer the following questions as required for your grade. You may use illustrations to emphasise your point. Please try to restrict your response to no more than four sides of A4 and send as an attachment to e-mail.

If you have not received an acknowledgement within 5 days of submitting your grading paper, please chase this up with the grading officer.

To be returned to Phil Henderson by email to:

[iaido.grading@kendo.org.uk](mailto:iaido.grading@kendo.org.uk)

**To arrive no later than one week before the grading you are attempting.**

Please put your name, grade you are attempting and seminar in the subject heading of your email to help me file answers as they arrive. If you have any permanent physical issues that may impact on your ability particularly for doing seated Seitei Kata please give details at the top of your answer paper.

Thank you  
Phil Henderson

#### **Shodan and Nidan**

These questions should be answerable from the Seitei Iaido Manual or from asking one's Sempai/Sensei.

- 1) What are the key grading points for Seitei kata 12 Nuki Uchi.
- 2) What is meant by "Okuri Ashi" footwork with particular relevance to studying Iaido.
- 3) Name any 10 parts of an Iaido and illustrate with a diagram.
- 4) Describe the sword and body positions when taking Jodan no Kamae. (as in Sanpo Giri and Shiho Giri)
- 5) What is the minimum recommended distance between yourself and your nearest neighbour when training ?

#### **Sandan and Yondan**

These questions should be answerable from research from the Seitei Iaido Manual, one's own sensei and other external sources such as books, the internet, other senior teachers.

- 1] Using diagrams if necessary describe the footwork of Seitei Kata no. 7 Sanpo Giri.
- 2] Explain how Ma-ai is significant and important in Iaido.
- 3] What is \*Kokyu\* and what instruction is given in the ZNKR Seitei Iai manual for its use ?
- 4] What are the key grading points for Seitei kata no. 5 Kesa Giri ?
- 5] What do you understand by the term "Ki-Ken-Tai-Ichi" within the context of Iaido ?