## BRITISH KENDO ASSOCIATION IAIDO GRADING QUESTIONS

Questions for the seminars held in Cambridge (March 2018), Glasgow (April 2018) and West Midlands (May 2018)

Please answer the following questions as required for your grade. You may use illustrations to emphasise your point. Please however try to restrict your response to no more than four sides of A4.

To be returned to the iaido bu grading officer by email to: hoppy\_choppy\_hendo@hotmail.com

## **Important Information:**

Answers to arrive no later than 1 week before the actual grading date.

Please put your name and grade you are attempting in the subject heading of your email to assist filing.

Please include details of any permanent physical conditions that affect your ability to perform Setei Iai, especially if you are unable to do sitting kata.

Thankyou

## Shodan and Nidan

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

- 1) Identify 5 safety checks you should make before commencing training.
- 2) Explain using diagrams if necessary the footwork of Seiteigata no.7 Sanpo Giri.
- 3) What are the key grading points for Seiteigata no. 10 Shiho Giri?
- 4) What do you understand by the term "Seme" and give an example of how you would demonstrate "Seme" in a specific Seitei kata.
- 5) Explain the difference between "Saya biki" and "Saya banare".

## Sandan and Yondan

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

- 1) What is Kokyu and how should it be applied to Seiteigata laido?.
- 2) Explain the significant differences between Seitei Reiho and your own Koryu Reiho.
- 3) What do you understand by the term "Ki-Ken-Tai-ichi" within the context of laido?
- 4) What are the key grading points for Seiteigata no. 1 Mae?
- 5) What is meant by Dai Kyo Soku Kei within the context of laido?