

## BRITISH KENDO ASSOCIATION

### IAIDO GRADING QUESTIONS – Spring 2016

including Spring seminar @ Cambridge and both West Mids and Scottish seminars.

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

### Shodan and Nidan

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

- 1) List the grading points for Seiteigata 3 Uke Nagashi.
- 2) Explain the difference between "Saya Biki" and "Saya Banare"
- 3) Identify 5 safety checks you would make before commencing training.
- 4) Using diagrams illustrate the footwork for Seiteigata 7 Sanpo Giri
- 5) What do you understand by the term "Seme" and give an example of how you would demonstrate "Seme" in a specific Seiteigata

### 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) What is "Kokyu" and how should it be applied in Seiteigata Iaido ?
- 2) List the grading points for Seiteigata 11 Sou Giri.
- 3) Describe the influence of Kendo on the development of Seitei Iaido.
- 4) Describe the importance of Kasso Teki in Iaido training and how it influences your development.
- 5) Using diagrams if necessary explain the footwork of Seiteigata 2 Ushiro.