

BRITISH KENDO ASSOCIATION

IAIDO GRADING QUESTIONS – November seminar @ Darlington 2017.

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:
hoppy_choppy_hendo@hotmail.com

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 laido Manual or from asking one's Sempai/Sensei.

- 1) What are the key grading points for Seiteigata 11 Sou Giri ?
- 2) Identify three basic kamae used in Seitei laido and give an example of where each one may occur.
- 3) Describe three safety checks you should personally carry out before starting training.
- 4) How is the direction of a cut established when drawing a sword ?
- 5) What do you understand by the term "Seme" and give an example of how you would demonstrate "Seme" in a specific Seitei kata.

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, other senior teachers.

- 1) Identify three discrete areas of a sword's blade length (not parts of the sword) and explain what may be the function of each area when dealing with an attacking opponent.
- 2) List the key grading points for Seiteigata 12 Nuki Uchi.
- 3) Where should the hands and Kissaki finish at the completion of the cuts delivered in Seiteigata 11 Sou Giri ?
- 4) What is meant by "Dai Kyo Soku Kei" within the context of laido ?
- 5) Describe the importance of "Kasso Teki" in laido training and how it influences your development.