



British Kendo Association Iaido Squad

STS 2018 format

This year I am looking to change the format of our STS Sessions slightly. Instead of relying on people's memory or notes, I would like to utilise their mobile phone cameras, I want our coaches to use the person's phone to record their performance and show them where they can make improvements, the footage remains on the individual's phone and they can then refer to it when training alone or back in their home dojo, if they record the comments of the coach in writing this in conjunction should assist greatly in their individual improvement. So I will be asking all of **the squad** to bring their mobile phone so that we can implement this. For non-squad members this is optional, if you have a tripod bring this along as well as this will greatly improve the quality of the recording.

10.00 Start warm up. This should be Iaido specific, drawing, cutting and noto; we need to check that the correct grip is being used and that the person is moving the body with the correct timing and posture. We also need to check that the correct amount of power and timing of the cut is being used. VIDEO IF REQUIRED.

10.15 Split into grade groups. Do all 12 kata + reiho. 1st time slowly, then normally, VIDEO WHEN REQUIRED. If possible we will try to capture the improvement on camera or even get the coach to give a demonstration of where they feel you can improve. The level of discussion used by instructor will depend on the grade of the group, naturally the higher the grade the less physical practice should be required and development is lightly to be more in the intellectual zone, we are not looking for a "work out" if there is an area of your physical fitness is questionable we expect you to address this yourself as a serious athlete. I would like it taught, Opening Reiho, No1, No 5, No 2, No 6, No3, No 7, No 4, No 8,9,10,11,12 and closing reiho. This will help protect the knees.

13.00 Lunch.

13.45 Back into grade groups. Do all 12 kata + reiho.

14.00 In grade Groups. Taikai practice using video, identify areas for individual improvement.

15.15 Open challenge session. This session allows people to challenge squad and team members to taikai, anybody can challenge regardless of grade, and do not have to be the same grade of the person challenged, VIDEO to highlight areas of improvement

15.30 Close

The day is meant to be individually challenging, ability and confidence building; it should also contribute to the development of your understanding of the kata's and their physical execution. We are behind the rest of Europe on a performance level and need to improve (we have some of the best 7th Dan's in Europe, so we have no excuse). However we recognise that these events also need to be pleasurable and rewarding to you as an individual. Let's have a great year of STS, all are welcome.

Karl Gibbons

United Kingdom Iaido Squad Manager