laido Grading Questions



West Midlands Seminar 2022

Shodan and Nidan

- 1. Detail the grading points for: Ganmenate
- 2. Detail the grading points for: Shihogiri
- 3. How should Chudan No Kamae be made?
- 4. During a performance of the 12 forms of Seitei laido the practitioner should adopt or move through four basic kamae. Name these kamae and give an example of where each one may occur.
- 5. Draw a Japanese sword naming ten of the parts in Japanese.
- 6. Using diagrams, illustrate the positions, relative to you, of the opponents in Seiteigata no.6, Morotezuki, and Seiteigata no.8, Ganmenate.

Sandan and Yondan

- 1. Detail the grading points for: Ganmenate
- 2. Detail the grading points for: Shihogiri
- 3. Explain the purpose of a Risk Assessment.
- 4. Explain the benefits of warming up and warming down, before and after training.
- 5. Provide a sketch of a sword identifying three discrete areas of the blade length (not parts of the sword) and explain the function of each area when dealing with an attacking enemy.
- 6. Describe using diagrams, and explain the foot positions occurring during Seiteigata no.10, Shihogiri.

1.

2. 3.

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4. 5.

6.

References

- ZNKR laido Manual.
- The Regulations of laido Shiai and Shinpan.
- BKA Coaching Course Documents (Level 1 and 2).
- Examiner Mentoring Programme Stage 1 Briefing Document.
- Websites:

http://iaidojodotraining.blogspot.com/2014/05/parts-of-sword.html

Deadlines for Questions

8th May 2022