Summer Seminar 2022

Shodan and Nidan

- 1. Detail the grading points for: Mae
- 2. Detail the grading points for: Ganmenate
- 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. How is the direction of the cut, the Hasuji, established when drawing the sword?
- 6. When was ZNKR Seitei laido introduced, and how many kata were in the original series?

Sandan and Yondan

- 1. Detail the grading points for: Mae
- 2. Detail the grading points for: Ganmenate
- 3. List 8 general safety checks and procedures one should take before running a dojo training session.
- 4. Explain the benefits of warming up and warming down, before and after training.
- 5. Describe using diagrams the footwork for Seiteigata no.9 Soetezuki.
- ^{6.} Where should the hands and the kissaki finish at the completion of each of the cuts delivered in Seiteigata no. 11, Sougiri?

Godan

- 1. Detail the grading points for: Mae
- 2. Detail the grading points for: Ganmenate
- 3. Explain the differences in timing of putting the hands on the sword between the various kata in ZNKR laido.
- 4. When a shiai is timed, what is the usual maximum time length for reiho and five kata?
- 5. What are the reasons for a disqualification of a match during a taikai?
- ^{6.} When performing an enbu, relative to the shomen, which directions one should face during the stages of the demonstration?

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

19th July 2022

