# laido Grading Questions



#### Northern Seminar 2022

#### **Shodan and Nidan**

- 1. Detail the grading points for: Sanpogiri
- 2. Detail the grading points for: Ganmenate
- 3. Identify the sword and body position when in Hasso No Kamae.
- 4. List five safety checks one would normally perform before training in the dojo.
- 5. Using diagrams, illustrate the positions, relative to you, of the opponents in Seiteigata no.6, Morotezuki, and Seiteigata no.8, Ganmenate.
- 6. Draw a plan illustrating a traditional Japanese dojo, naming the important areas/sides as laid out in the ZNKR manual.

#### Sandan and Yondan

- 1. Detail the grading points for: Sanpogiri
- 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. 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.
- 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?

1.

2.

3.

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**

24th October 2022