West Midlands Seminar 2023

Shodan and Nidan

- 1. Detail the grading points for: Mae
- 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.
- Using diagrams, illustrate the positions, relative to you, of the opponents in Seiteigata no.6, Morotezuki, and Seiteigata no.8, Ganmenate.
- 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 purpose of a Risk Assessment.
- 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 the footwork for Seiteigata no.9 Soetezuki.

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

7th May 2023

