

# Iaido Grading Questions



Northern Seminar 2023

## Shodan and Nidan

1. Detail the grading points for: Mae
2. Detail the grading points for: Ukenagashi
3. Identify the sword and body position when in Hasso No Kamae.
4. Describe 3 safety checks you should carry out on your sword before beginning your training.
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: Tsukaate
2. Detail the grading points for: Sogiri
3. Explain the position of the body and sword when assuming Hidari Jodan No Kamae.
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. Describe using diagrams, and explain the foot positions occurring during Seiteigata no.10, Shihogiri.

## References

- ZNKR Iaido Manual.
- The Regulations of Iaido 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

28th October 2023