

# Iaido Grading Questions



Spring Seminar 2025

## Shodan and Nidan

1. Detail the grading points for: Mae
2. Detail the grading points for: Kesagiri
3. List five safety checks one would normally perform before training in the dojo.
4. Draw a Japanese sword naming ten of the parts in Japanese.
5. Using diagrams, illustrate the positions, relative to you, of the opponents in Seiteigata no.6, Morotezuki, and Seiteigata no.8, Ganmenate.
6. Explain what is meant by "Chakuso".

## Sandan and Yondan

1. Detail the grading points for: Ukenagashi
2. Detail the grading points for: Ganmenate
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. What does the term "Jo Ha Kyu" refer to, and how might it apply to the performance of Iaido kata?
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 February 2025