# laido Grading Questions



#### Northern Seminar 2025

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#### **Shodan and Nidan**

- 1. Detail the grading points for: Ushiro
- 2. Detail the grading points for: Nukiuchi
- 3. Describe the positions of the hands, sword and feet after assuming Chudan 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. Choose two kinds of "Sabaki" in laido, and give a short description of what they mean.

### Sandan and Yondan

- 1. Detail the grading points for: Tsukaate
- 2. Detail the grading points for: Soetezuki
- 3. Explain the position of the body and sword when assuming Hidari Jodan No Kamae.
- 4. List 8 general safety checks and procedures one should take before running a dojo training session.
- 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. Explain your understanding of the term "Kigurai".

#### 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**

17th October 2025