

# **AUSTRALIAN KENDO RENMEI**

## **MANUAL OF DOCUMENTS**

### **SECTION Three**

#### **Australian Iaido Board**

Effective and amended 25 October 2014

## Section 3 - Iaido Board - Index

- 3.0 Introduction
- 3.1 Structure and Administration
  - 3.1.1 Roles and Responsibilities
  - 3.1.2 Financial Controls
  - 3.1.3 Communication Systems
- 3.2 Development Plan
- 3.3 Grading System
  - 3.3.1 Technical Rules for Iaido Grading Examinations
  - 3.3.2 Kyu Grading Examination Requirements and Procedures
  - 3.3.3 Dan Grading Examination Requirements
  - 3.3.4 Iaido Shogo (Honorary) System
  - 3.3.5 Kata requirements for Examination
  - 3.3.6 List of Grading Examination Questions
  - 3.3.7 How to conduct a Grading Examination (under construction)
- 3.4 Australian Championships
  - 3.4.1 Organisation and Division of Responsibilities
  - 3.4.2 Competition Rules
  - 3.4.3 Competition Events
- 3.5 Coaching
  - 3.5.1 NCAS General Coaching Principles
  - 3.5.2 Iaido Specific Coaching Qualifications
  - 3.5.3 Iaido Study Guide
- 3.6 Requirements for Operating a Club within AKR (under construction)
- 3.7 Risk Management (under construction)

## **Section 3 - Iaido Board**

### **3.0 Introduction**

#### **General**

The role of the Iaido Board is to assist State Renmei to promote and facilitate the study of Iaido in Australia leading to an increase in the number of people practising Iaido and an increase in the standard of Iaido being practised on a National basis.

See the Manual of Documents, section 1.2.4 for structure details that are common to all AKR Boards and 1.2.4.1 for details of election procedures that are also common to all AKR Boards.

#### **3.1.1 Roles and Responsibilities**

The Iaido Board has the following roles and responsibilities:

- Conduct and co-ordinate Annual Iaido Championships including a Dan Grading examination.
- Publish Iaido Grading Regulations.
- Publish Competition Regulations.
- Conduct a minimum of one National Seminar each year for the purpose of improving some aspect of Iaido practise in Australia.
- Improve the level of Shinpan skills in Australia.
- Establish Shinpan Accreditation Scheme.
- Improve the level of Iaido Instruction in Australia. Administer and develop an internal Coaching Accreditation Scheme.
- Encourage the appreciation of Kendo and Jodo by Iaido Students - and vice versa.
- Distribute any published material or information, which will contribute to the overall goal.
- Document activities and report to the AKR National Executive, Council and Iaido students on them.
- Promote fellowship among Iaido students for the mutual benefit of all.
- Develop International Goodwill Competitions and encourage overseas participation at Australian National Iaido Seminars.
- Select and organise an Australian Team to compete in International Goodwill Competitions.
- Cultivate the development of the Australian National Iaido Squad ensuring participation of all members at Club, State and National competition and training squad activities.
- Select and monitor performance of the National Team Coach, Assistant Coach and Manager ensuring they have sufficient time in the job and accessibility to squad members to conduct their duties sufficiently to achieve their goals and objectives in conjunction with State Renmei representatives.
- In the event of the introduction of a World Championship the Iaido Board will develop procedures and organise the Australian Iaido Team to compete at the World Iaido Championships.

#### **3.1.2 Financial Controls**

The Iaido Board does not directly hold finances. It should present a budget for the forthcoming three years of activities to the AKR National Council in the first year of election for approval of the Delegates.

Such activities should include:

- National Championships - trophies, visiting Sensei expenses, programmes, etc.
- Coaching Seminars - Instructors attendance fares.
- Shinpan Seminars - Instructors attendance fares.
- Seniors Seminars - Instructors attendance fares.
- Coaching/Training team visits - Instructors attendance fares.
- Grading Examiner Support Teams - Examiners attendance fares.
- Telephone accounts for Iaido Board discussions and conference call hook-ups.
- Postage accounts for mailing newsletters and other Iaido Board related documents to State representatives and Board members.
- Provision of documentation for conducting seminars and/or developing coaching manuals.

#### **3.1.3 Communications Systems**

The use of facsimile, telephone, E-mail and Internet are encouraged to expedite the information flow between Board Members and the Iaido membership. The Chairman represents the Iaido Board on the National Council and communicates directly with the Executive Committee. Copies of all Iaido Board matters should be forwarded to the Secretary of the Iaido Board for collation of correspondence. The Chairman may select another Board Member as the Board Representative at the National Council meetings.

### 3.2 Development Plan (Updated 19<sup>th</sup> October, 2003)

The Development Plans of the Iaido Board are documented in Section 5. It is the responsibility of the Iaido Board to update and develop these plans on an annual basis and submit to the AKR National Council at their respective meetings at Easter and October.

### 3.3 Grading System

#### 3.3.1 Technical Rules for Iaido Gradings

- The Australian Kendo Renmei's (AKR) Standard Rules for Grading are based on the Standard Rules for Dan/Kyu Examinations of the International Kendo Federation after approval by the AIB plus such additional rules as determined by the AIB and approved through the National Council for the AKR.
- The applicant for a grading shall be a financial member of the AKR and his or her state body and club.
- The applicant who wishes to attempt a grading shall have the endorsement of his/her instructor or club President. This endorsement should be based on the applicant's attendance record as well as the skills displayed, and must also take into account the period that has elapsed since the applicant's last grading.
- An applicant transferring from another country or having achieved a grade outside of the AKR must submit copies of the Grading Certification to the Iaido Board for ratification. The Iaido Board should then forward their recommendations to the AKR National Executive for acceptance or rejection. The AKR National Secretary is to then register the outcome and reply to the applicant with the results.
- The applicant must have paid the grading application fee and registration fee prior to attempting the grading, unless otherwise directed. The grading application fee will be retained by the State responsible for conducting that particular grading and the registration fee forwarded with the results to the National Executive. In the case of an unsuccessful candidate the registration fee only will be refunded in full.
- The applicant who has passed the grading will be registered by the AKR.
- Results of the grading examinations, together with the registration fees collected shall be forwarded to the Secretary, AKR, so that the appropriate registers can be updated. The AKR shall then forward the results of the grading to the Australian Iaido Board.
- The grading application fee and registration fee shall be set by the AKR National Council.

#### National Examinations

- National Dan Grade Examinations will be held in conjunction with the Australian Kendo Renmei National Iaido Championships. The Iaido Board are responsible for the organisation of the grading, allocation of the examiners based on the seniority of examiners available to participate and the allocation of a Dojo Steward briefed on his duties.
- The AKR Executive Committee will manage dan exam applications, confirm membership status, time in their present grade has been met and that all examination fees are collected before the grading commences. Prior to the exam, the Executive Committee will provide a list of applicants for examination to the Iaido Board, at a suitable time prior to the exam and as agreed between the Board Chairperson and AKR Secretary. The Executive Committee will collect the application and registration fees and issue Dan Grade Certificates.

#### Attendance at International Examinations - prerequisites.

Members may undergo International examinations providing they have received approval in writing from the AKR Executive and present a copy of their previous Grading Record. The AKR Executive are to inform the International Examining body of their approval for the member to participate providing all membership fees and credentials are in order before commencing the grading. The AKR Executive only confirms the criteria for grading is met and does not make a judgement on the applicant's ability to pass the *exam*.

#### 3.3.2 Kyu Grading Requirements and Procedures

- Grading exams are to be held in accordance with the AKR Standard Rules for Grading.
- Beginners should be members of the AKR for at least 3 months prior to their first grading examination. Other applicants should spend at least the minimum required time periods between grading.
- Kyu grades used shall be from Rokkyu (lowest) to Ikkyu (highest).
- Applicants for Grades Rokkyu to Ikkyu shall be examined on the basic movements and shall perform up to five pre-selected kata combining Reiho etiquette.
- A written test is not required.
- The examiners qualification, size of examination panel and consent criteria is detailed in the AKR Standard Rules for Grading, Examiners Qualifications.

- It is not necessary that the applicant be promoted one grade at a time. If their ability warrants, and by agreement of the examiners, the applicant may progress by more than one grade to a maximum of two grades. i.e. Gokyu to Sankyu. However, to obtain Shodan, the applicant must have held Ikkyu for at least 3 months. Jumping grades should not be encouraged unless exceptional standards are achieved.
- The guidelines for Kyu grading technical requirements listed in para 3.3.2.1 to 3.3.2.6 are listed for the use of State Renmei as a guideline to continuity between states of the minimum standards required at each level.
- State Renmei may determine what number of Kyu grade levels they wish to operate within their Renmei but they should correspond with the appropriate national technical level i.e. They may choose to operate a three Kyu system where the first examination is for Sankyu.

### 3.3.2.1 Rokkyu Technical Requirements

- Correct Hakama & Keikogi
- Correct Obi
- Reiho
- Iai-Seiza
- Hakama Sabaki
- Tying the Sageo
- Ashi-sabaki
- Kiri-oroshi
- Ippon-me "Mae"
- Nihon-me "Ushiro"

### 3.3.2.2 Gokyu Grading Technical Requirements

- Correct Hakama & Keikogi
- Reiho
- Hakama Sabaki
- Tying the Sageo
- Kiri-oroshi
- Ippon-me "Mae"
- Nihon-me "Ushiro"
- Sanbon-me "Uke-nagashi"
- Yonhon-me "Tsuka-ate"

### 3.3.2.3 Yonkyu Grading Technical Requirements

- Correct Hakama & Keikogi
- Reiho
- Hakama Sabaki
- Tying the Sageo
- Kiri-oroshi
- Ippon-me "Mae"
- Nihon-me "Ushiro"
- Sanbon-me "Uke-nagashi"
- Yonhon-me "Tsuka-ate"
- Gohon-me "Kesa-giri"
- Roppon-me "Morote-Zuki"

### 3.3.2.4 Sankyu Grading Technical Requirements

- Correct Hakama & Keikogi
- Reiho
- Hakama Sabaki
- Tying the Sageo
- Kiri-oroshi

### 3.3.2.8 Kyu Grade examination Kata selection

Examinations for Kyu grades shall be divided into demonstrations of pre-selected techniques and performed with Reiho. The kata selection recommended for all Kyu Grade examinations is determined to show that the student has adequately progressed through all stages of their training at the level being examined and shows improvement on previous techniques.

### 3.3.3 Dan Grading General Requirements

Refer to common AKR Standard Rules for Dan and Kyu Examinations.

#### 3.3.3.1 Dan Grade time requirements Grade

Refer to common AKR Standard Rules for Dan and Kyu Examinations. (Section 1, Clause 1.5)

- Ippon-me "Mae"
- Nihon-me "Ushiro"
- Sanbon-me "Uke-nagashi"
- Yonhon-me "Tsuka-ate"
- Gohon-me "Kesa-giri"
- Roppon-me "Morote-Zuki"
- Nana-honme "Sanpo-giri"
- Happon-me "Ganmen-ate"

### 3.3.2.5 Nikyu Grading Technical Requirements

- Correct Hakama & Keikogi
- Reiho
- Hakama Sabaki
- Tying the Sageo
- Kiri-oroshi
- Ippon-me "Mae"
- Nihon-me "Ushiro"
- Sanbon-me "Uke-nagashi"
- Yonhon-me "Tsuka-ate"
- Gohon-me "Kesa-giri"
- Roppon-me "Morote-Zuki"
- Nana-honme "Sanpo-giri"
- Happon-me "Ganmen-ate"
- Kyuhon-me "Soete-zuki"
- Juppon-me "Shiho-giri"

### 3.3.2.6 Ikkyu Grading Technical Requirements

- Correct Hakama & Keikogi
- Reiho
- Hakama Sabaki
- Tying the Sageo
- Kiri-oroshi
- Ippon-me "Mae"
- Nihon-me "Ushiro"
- Sanbon-me "Uke-nagashi"
- Yonhon-me "Tsuka-ate"
- Gohon-me "Kesa-giri"
- Roppon-me "Morote-Zuki"
- Nana-honme "Sanpo-giri"
- Happon-me "Ganmen-ate"
- Kyuhon-me "Soete-zuki"
- Juppon-me "Shiho-giri"
- Juippon-me "Sougiri"
- Junihon-me "Nukiuchi"

Examinations for Shodan to Godan shall be divided into demonstration of pre-selected techniques and performed with Reiho and a written test.

Examinations for Rokudan and Nanadan shall also be examined on Shinpan duties. Hachidan are examined on overall technical skills and a Thesis. A special committee will adjudicate for promotion to Kudan and Judan ranks.

### 3.3.4 Kata requirements for Examination

Grade being taken	Graded on
Rokkyu	1 & 2 only
Gokyu	1 – 4 on
Yonkyu	1, 3, 4, 5 & 6
Sankyu	1, 3, 5, 7 & 8
Nikyu	1, 6, 7, 9 & 10
Ikkyu	1, 4, 7, 11 & 12
Shodan	5 Seitei kata, as selected and advised by examiners and paper.
Nidan	5 Seitei kata as selected and advised by examiners and paper.
Sandan	5 Seitei kata as selected and advised by examiners and paper.
Yondan	1 free choice Koryu kata, plus 4 Seitei kata as selected and advised by examiners and paper.
Godan	2 free choice Koryu kata, plus 3 Seitei kata as selected and advised by examiners and paper.
Rokudan	2 free choice Koryu kata, plus 3 Seitei kata as selected and advised by examiners
Nanadan	2 free choice Koryu kata, plus 3 Seitei kata as selected and advised by examiners
Hachidan	7 compulsory Seitei kata as selected and advised by examiners then if passed 7 free choice Koryu kata and thesis

### 3.3.5 List of Grading Questions

The following questions are produced for the selection by the Iaido Board/Chief Examiner for Dan Grade Examinations. Selection is not limited to these questions and members are advised to study all areas of training requirements and supporting information offered by their Instructors/Sensei. The following questions may be asked at any level but the answer is expected commensurate with the level you are being examined to see if it is appropriate for that level. When possible the examination questions should be issued well prior to the examination date so that students can do adequate research and submit a typed response that will be handed in at the Grading Registration table before commencing the practical examination.

- a. State the purpose of learning Iaido
- b. Describe the relationship of Iaido to Kendo
- c. Give a brief summary of the following terms:
  - Metsuke
  - Nuki-tsuke
  - Kir-tsuke
  - Chiburi
  - Noto
  - Ma-ai
  - Zanshin
  - Saya-biki
  - Sei *and* do
  - Reiho
  - Reigi
- d. Discuss conformity of the mind (kokoro) and will power (kiryoku)
- e. State the details about posture and movement of the feet in Iaido techniques
- f. Explain the matter of respiratory control (kokyu)
- g. Explain hand-guard (tsuba) control and making the draw (koiguchi no kirigata)
- h. Give the name of the Founder of your ryu and the names of the various techniques you have learned
- i. List key procedures and warning advice necessary to the safe practise of Iaido
- j. List the components on the sword and saya diagram provided

### **3.3.6 How to conduct a grading exam (under construction)**

The method used to conduct an efficient Grading Examination is detailed below. Its implementation will depend on the depth of knowledge and availability of support personnel of suitable levels. It is recommended that the State Renmei adopt this process as closely as possible and use it as part of the development process for senior Kyu and Dan Grade members.

## **3.4 Australian Championships**

### **3.4.1. Organisation and Division of Responsibilities**

The Australian Iaido Board is responsible for the overall running of the Australian Iaido Championships. The State Renmei hosting the event is responsible to the AIB for providing support in conducting a successful championship and seminar, if required. The host State Renmei are responsible to ensure the event remains within their budget controls.

### **3.4.2 A Guide to Organisation Delegations**

The following details the major responsibilities of each body but is not limited to these requirements as each championship may vary:

#### **Australian Iaido Board**

- Arrange championship events as appropriate to the number and qualifications of members and the time available.
- The Secretary AIB is responsible with timely informing all State Renmei Delegates or Iaido Representatives of data required by them to ensure maximum participation of members is obtained.
- Provision of Score Sheets
- Allocation of players into pools, including seeding of members where required.
- Allocation of Shinpan during championships
- Maintain a record of results in a data base for future seeding
- Conduct the overall direction of the National Championships
- Provide a timetable covering all Iaido competitions, seminars and meetings
- Liaise with Kendo & Jodo Board when holding joint National championships, gradings or seminars
- Co-ordinate Examiners for the Grading panels at National Gradings.

#### **State Iaido Renmei hosting the Event**

- Whenever possible the State Renmei should ensure adequate funding is provided to ensure the championship and seminar is self funded and not rely on AKR funding support.
- Arrange publicity coverage with costs included in budget.
- Provide suitable facilities with a minimum of two shiaiyo areas in accordance with the dimensions laid down in the current Rule Book allowing for a safety zone around each area (subject to the numbers of participants and Shinpan available).
- Provide funding for adequate trophies for the championships
- Provide any gifts required for Official guests on behalf of the AKR/AIB
- Mark out all shiaiyo areas prior to the championship start.
- Provide a registry table with suitable facilities and equipment to inspect Iaido and collate results.
- Provide score boards, judges tables, chairs, medical kits, flags, whistles/gongs, stop watches.
- Provide suitable manpower to fill all requirements in running a smooth competition (i.e. timekeepers, recorders, register, dojo stewards, etc)
- Arrange suitable toilet and shower facilities
- Arrange provision of food and beverages
- Inform visitors and players of suitable accommodation and transport in the area of the championships with sufficient lead time to make bookings
- Provide seminar facilities
- Provide meeting rooms and materials for the AIB and any AKR Executive Council or AGM meeting requirements.
- Provide a budget to cover all costs
- Assist in sponsoring FIK/AJKF senior Sensei during their visit (if any) in liaison with AIB.



### **Australian Kendo Renmei National Executive Committee**

- Co-ordinate event with AIB and State Renmei as necessary
- Organise or arrange approval of suitable senior Sensei through FIK and AJKF to assist in Shinpan , Seminars and Grading Examinations as recommended by AIB
- Provide dan grading certificates for presentation to successful Dan Grade examinees.
- Determine budget allocation for senior Sensei visitors if required
- Ensure the timely flow of information to the AIB and State Renmei to enable early planning of each years events
- Assist laido Board with conducting Grading Examinations by co-ordinating all applications, administration duties, checking appropriate financial membership details and collection of fees associated with conducting the grading.
- AKR Treasurer to provide a full list of Financial members to the AIB Chairman as at 31<sup>st</sup> December by end of first week in January

### **3.4.2 Competition Rules**

All State and National Competitions should be conducted in accordance with Rules for Shinpan of laido competitions as determined by the International Kendo Federation (FIK). The laido Board will determine any additional rules required for the National laido Championships to ensure a fair and equitable competition is achieved.

#### **3.4.2.1 Zekken (Name tags)**

The wearing of correct Zekken is an important part of correct uniform together with correct hakama and gi. From 2010 the regulation zekken is:  
Dimensions: 15cms high by 10cms wide

Colour: Black background with white letters to be used on Black or Navy Blue Gi The reverse is required for wearing on white Gi.

Text: The dojo/state or Australia to be across the top of the zekken - this can be any of the above depending on the requirements of the competition. In the FIK regulations this is listed as 'Team' so at the National Championships this is the state.

The family name should be in the middle, if in Japanese in either Kanji/Katakana written vertically in the centre of the badge with the family name in English horizontally across the base. The Family name must appear in English either at the base or vertically in the centre.

There should be no logo or mon on the zekken.

#### **3.4.3 Competition Events**

Four categories of Individual and two Team events will be conducted at the National Championships. The AIB may change these requirement should numbers dictate a more equitable method of conducting a fair competition. The emphasis should be on the ability for students to compete against other students of near quality technical knowledge where possible. The AIB may allow the winning two places to compete in the next level of competition should vacancies permit and the students know the required waza.

##### **3.4.3.1 Individuals:** (First and Second place trophies in each category only)

The following categories have been implemented to enable a better balance of opportunity to compete for all members.

Yonkyu (4th Kyu) and below :	kata 1, 3, 4, 5 & 6 only
Ikkyu (1st Kyu) to Sankyū (3rd Kyu):	kata 1, 3, 5, 7 & 8 only
Shodan (1 <sup>st</sup> Dan) & Nidan (2nd Dan):	five kata selected by AIB/Chief judge
Sandan (3 <sup>rd</sup> Dan) & above:	five kata selected by AIB/Chief judge

##### **3.4.3.2 Teams:** (First and Second place trophies in each category only)

Each State Renmei may have several teams entered in the competition. Each team is to be classified in order of priority of selection (Team “A”, Team “B”, etc). The AIB may reduce the number of participating teams if time limits prevent all team participating. The team members names and fighting order are to be submitted to the Registration Table 30 minutes prior to the event, or unless announced otherwise at the event, and this fighting order/team content is to remain throughout the event competition.

If the number of team members from each state renmei are sufficient the AIB may alter either event to become a five person team event, however this should be arranged before the full details of the Championships are submitted to the State Renmei to organise the trophies (ideally by the previous September to the event).

Three person Kyu Grade teams                    kata 1, 3, 4, 5 & 6 only

Three person Dan Grade Teams                five kata selected by AIB/Chief judge

## **3.5 Coaching**

### **3.5.1 NCAS General Coaching Principles**

The NCAS General Coaching Principle courses conducted by the State Sport and Recreational Departments is the recognised coaching course for all laido Instructors to safely conduct training within their club and provide “duty of care” requirements. Level 1 and Level 2 General courses under the NCAS system are recommended to all Dan Grades or anybody who may find they are left in charge of a general training session in a club situation. All records of members obtaining these qualifications should be sent by the State Renmei to the AKR Treasurer so they may be recorded in the AKR Database and assist with National insurance applications. Each State Renmei is expected to maintain their own registry of accredited coaches.

### **3.5.2 Iaido Specific Coaching Qualifications**

This subject is now covered in Section 1 of the Manual of Documents.

### **3.5.3 Iaido Study Guide**

It is important to consider the proper progress of students throughout their study of iaido. The following points are forwarded to assist Club Instructors in considering their expected outcomes of students at various levels and are based on other senior Instructors personal experiences but should not be limited to these points only. They are purely an interim guideline for students studying and teaching iaido:

#### **3.5.3.1 Beginners training towards obtaining Rokkyu:**

The beginner has varied reasons for studying iaido and your approach needs to also be varied depending on the “martial” background of the student. The aim is to teach a basic skill that can be built upon as the student progresses through continuous training practise. Do not be in a rush to teach the Kata as the more sound you develop the individual actions before teaching the kata the faster the student will reach the end result. Do not allow the student to carry forward bad basic techniques into the kata’s. As the art of laido is to gain personal perfection it is important to get the students mind set from an early beginning. A suitable approach is to follow this basic format:

Instruct on the formal layout of the dojo, etiquette requirements and safety procedures

Inform on the proper dress requirements

Teach how to walk without raising toes and methods of ashi-waza used in training

Explain shisei and its application during techniques, apply exercises to develop the correct stances used throughout all techniques (done as an exercise with and without sword use at different stages of the beginners training)

Teach how to kneel into seiza correctly, and to return to standing position

Teach Metsuke and its application – continue to reinforce throughout all exercises

Explain the use of Kessen Teki and how it is employed into training

Teach Reiho, with and without the sword

Teach correct handling of the sword, grip, cleaning and safety checks

Correct and appropriate warm-up, cool-down and breathing exercises

Teach cutting exercises and apply various applications of ashi-waza and standing or kneeling positions. Explain “te-no-uchi” and “ki-ken-tai-itchi”

Teach all Chiburi actions

Teach Furikaburi actions

Teach Noto ensuring proper use of saya and sword replacement actions (teach noto before teaching the student to draw the sword – this will avoid causing unnecessary damage to the saya from in-appropriate actions in co-ordinating between the hands)

Teach Nukitsuke ensuring proper use of saya and sword drawing actions

Combine actions into a “progressive” standing version of Mae (Kata 1) to introduce the kata without including kneeling actions

From the kneeling position teach combining of nukitsuke (from the left upper arm position), sayabiki, seme, furikaburi and kiritsuke as an exercise – apply using both left and right kneeling actions

Demonstrate Ippon-me “Mae” using the Bunkai system with another senior member and explain the points of metsuke, distancing, timing, rai-ai, seme, ashi-waza and correct cutting. If you can set a good and clear picture in the students mind of the Teki during the bunkai they will learn to apply kessen-teki better to their waza.

Teach Ippon-me “Mae”

Teach Nihon-me “Ushiro”

Students should not be progressed in learning any kata until they reach the satisfaction of the dojo Sensei. Be sure that other senior members within your dojo, and the student, knows the rules regarding learning new techniques.

The Instructor should continuously assess the student and provide feedback on their progress. Do not give too much information on changes or what is incorrect – limit the feedback to the most important areas to be improved and when it has reached a satisfactory level for the grade then move them to the next level of appropriate training.

Feedback is important so that the student not only understands what is required and where they need to concentrate their efforts but it also leads to them learning to “analyse” the techniques in a constructive manner which will enable them to eventually do effective “self analysis” and later instructing junior students as part of their study to become a Club Instructor in the future.

Once the student has reached the required standard for grading they should be examined. If it is sometime before a grading takes place the Instructor should approve the student to learn the next kata.

Students who progress learning quickly should be made to gain a higher standard of skill in each area rather than progress into the learning of more kata early. This will enhance their ability to strive for higher perfection and to demonstrate continued commitment to a regular training regime. This is a difficult call to make and must be balanced with the overall requirements of your dojo and members progress and there are no firm rules that can apply in this situation – only personal experience of the Instructor.

### **3.5.3.2 Training towards obtaining Gokyu to Ikkyu:**

Once the student has been graded at the appropriate level you introduce the next kata in the system. Do not progress into the following kata until the student has reached a reasonable level of skill to match his previous kata levels. A few points to keep in mind:

At the introduction of each kata the skills learned in the new kata usually benefit the knowledge of prior kata – therefore ensure they continually practise all previous kata and improve on their performance of timing, accuracy in technique and fluency development of the overall techniques.

Ki-ken-tai-itchi should be improved progressively with each level

The flow and accuracy of O-chiburi should improve at each level in conjunction with the flow of the kata being performed

Breathing correctly with the performance of the kata should also develop at each level

Each student will develop strong points in their training. It is important to get the student to understand the need to keep all their training “in balance” and to spend more time in improving on their weak points so that they achieve an overall balance within all kata on a continual improvement system.

As students become reasonably proficient in their kata it is good to have them demonstrate these skills to a group and gain feedback from the group on the most important points to develop. This achieves several objectives:

Gives the student feedback from their peers

Gives the peer group an opportunity to analyse the kata of a fellow student and to better understand the importance of assisted assessments and also self analysis methods they can use in their own training

Teaches the student to observe other peoples performance “actively” and gain from the experience. This also helps the Instructor to gain a deeper knowledge of all students ability to “see” the technical development of kata.

Students should not be put forward for grading unless the Instructor personally approves the grading of the student. This should be done considering all elements of their training and not only based on a technical performance level. Such things as attitude to training and other members, regularity and consistency of training, commitment to the dojo and its development, etc.

When the Examiners look at students they are looking to see that these requirements are reflected in the student on the day and the more the Instructor ensures this is a pre-requisite to a grading approval the better the dojo and Renmei will become at all levels of the martial arts training.

A student’s overall performance at a grading, competition or visit to another club is a reflection of the Dojo and its Instructor.

### **3.6 Guidelines for Operating a Club within AKR (Under development)**

Guidelines are being developed by the laido Board for the running of laido Clubs within the jurisdiction of the AKR. This is to safeguard the members and State and National Renmei of its obligations to members.

### **3.7 Risk Management (Under development)**

A process of Risk Assessment will be conducted by the laido Board as a baseline suggestion for all Clubs and Renmei within the AKR as a general guideline. Risk Management is a requirement which will assist in the reduction of Insurance premiums over time and is currently being supported by state government agencies.