

# **AKR laido Grading Written Examination**

Each applicant testing for shodan and above is required to answer **TWO** of the questions below for the rank they are attempting.

Please provide a typed (not hand written) response. At the top of the page write your name and the grade that you are applying to be examined for. Answers to the questions are to be in English only and should be no more than 2 x A4 pages in total.

You must submit your answers at the grading participants registration at 8.30am on Saturday 30 July 2022.

### **Shodan candidates**

- 1. Name, and briefly describe, the five basic on-guard postures (kamae) used in swordsmanship.
- 2. What is the purpose of chiburi?
- 3. List the names of all 12 All Japan Kendo Federation laido katas.
- 4. Explain what is meant by the term saya-biki. Describe its use in one All Japan Kendo Federation laido kata.

#### Nidan candidates

- 1. Draw a simple diagram of a katana, label as many parts as you can.
- 2. Tsuki (thrusts) occur in five of the All Japan Kendo Federation laido kata. Name these kata, and identify their target areas.
- 3. Discuss the concept of zanshin. Describe its use in at least one All Japan Kendo Federation kata.
- 4. Explain the proper way of gripping the katana when cutting.

#### Sandan candidates

- 1. What is kirioroshi? Describe its use in one All Japan Kendo Federation laido kata.
- 2. Describe how to clean a sword (shinken and/or iaito).
- 3. How should the left hand function while drawing the sword?
- 4. Describe the action of furikaburi in All Japan Kendo Federation kata Ipponme (Mae).

## Yondan candidates

- 1. Write what you know about kokyu (breath control) in laido.
- 2. What is meant by jo-ha-kyu? Describe its application in one All Japan Kendo Federation laido kata.
- 3. Is it important, or is it not important to participate in laido Competitions? Explain your rationale.
- 4. Discuss reiho: What does the word mean, why is it important in the dojo?