

AKR laido Grading Written Examination

Each applicant must answer \underline{two} of the questions below for the rank they are attempting. Please provide a \underline{typed} response. At the top of the page write your name and the grade that you are attempting. Answers are to be in English and no more than 2 x A4 pages in total.

Please submit your answers at the grading participants registration on the morning of the grading.

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?

Godan candidates

- 1. In addition to the main technical points described in the All Japan Kendo Federation laido (Seitei) manual, what other points of consideration are there when evaluating candidates in a grading?
- 2. Discuss reiho. What does the word mean, why is it important in the dojo?
- 3. Explain Ki Ken Tai Ichi, and give two examples of its application in All Japan Kendo Federation laido.
- 4. What is important when teaching laido to beginners?