2019 AUSKF Great Lakes laido Seminar October 12, 2019

laido Shinsa Written Test Questions

Please answer **two** questions from the group of questions for the rank for which you are testing.

Submit your answers with your application, or e-mail directly to ssekreta@gmail.com.

First Kyu Candidates:

1. List the names of the twelve All Japan Kendo Federation laido kata. Include a short English translation for each.

2. Describe the proper way of gripping the katana when cutting.

3. Why are you studying laido? What do you hope to accomplish?

Shodan Candidates:

1. *Tsuki* (thrusts) occur in five of the ZNKR Iai kata. Name these katas, and identify the target areas.

2. What is a Zekken (Nafuda)? Why do we wear it?

3. What benefit/detriment have you gotten from studying/practicing iaido that you didn't expect? OR What benefit/detriment have you not gotten from studying/practicing iaido that you originally expected?