2023 AUSKF laido Shinsa Instructions for Shinsa Application

AUSKF members:

Register <u>here</u> by July 13, and upload a copy of your menjo (if you haven't already done so). After the registration deadline, an email will be sent to your member federation president to authorize your test.

FIK members:

Register <u>here</u> by July 13, and upload a copy of your menjo (if you haven't already done so). Foreign attendees may test with the permission of their Federation President. Send your Federation President's authorization letter by email to <u>pam_a_parker@yahoo.com</u>.

All candidates:

Answer the questions as directed below. Submit your answers via email, by July 20 (which is one week after the registration deadline).

Send all emails to: pam_a_parker@yahoo.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 lai kata. Name these katas and identify the target areas.

- 2. Draw a simple diagram of a katana, label as many parts as you can.
- 3. What is kirioroshi? Describe its use in one All Japan Kendo Federation laido kata.

Nidan Candidates:

- 1. Discuss zanshin. Describe its use in one All Japan Kendo Federation laido kata.
- 2. The blade of the katana is divided into 3 parts; describe the use of each part.

3. What is meant by the term lai-goshi? Describe its use in one All Japan Kendo Federation laido kata.

Sandan Candidates:

1. What is metsuke? Describe its use in one All Japan Kendo Federation laido kata.

- 2. Describe how to clean a sword (shinken and/or iaito).
- 3. Discuss jo-ha-kyu.

Yondan Candidates:

- 1. Define hasuji and discuss its importance in laido.
- 2. What is saya biki? Why do we do it?
- 3. Explain fudo-shin.

Godan Candidates: Answer 1a or 1b and 2

1a. Describe the hara (tanden) and explain its importance for laido.
1b. What is meant by saya-no-uchi? How does it apply to AJKF laido?
2. What is Sexual Abuse, Misconduct or Harassment? What are the reporting procedures? Refer to AUSKF Policies and Procedures (PPG sec 31.00.00) https://www.auskf.org/forms/auskf-policies-and-procedures

Rokudan Candidates: Answer 1a or 1b and 2

1a. What is Kigurai? How is it developed?

1b. Explain the importance of Reiho. How should it be taught?

2. What is Sexual Abuse, Misconduct or Harassment? What are the reporting procedures? Refer to AUSKF Policies and Procedures (PPG sec 31.00.00) https://www.auskf.org/forms/auskf-policies-and-procedures

Nanadan Candidates: Answer 1 and 2

1 Discuss Kamae (構え) and Metsuke (目付け). 2. What is Sexual Abuse, Misconduct or Harassment? What are the reporting procedures? Refer to AUSKF Policies and Procedures (PPG sec 31.00.00) <u>https://www.auskf.org/forms/auskf-policies-and-procedures</u>