# 2023 East Coast laido Seminar

## laido Shinsa Instructions

There is a new application process for the East Coast laido Shinsa. Please read all instructions.

### PERMISSIONS:

**Provide a copy of your current Menjo**. When you register, verify that the uploaded copy of your Menjo shows your current rank. If it is not current, please upload a scan or photo of your latest Menjo.

If you are a member of GNEUSKF, AEUSKF or EUSKF you do NOT need permission to test.

**Members of other regional federations** should provide an email showing that your federation president is aware of, and approves of, your testing at this event.

**Non-AUSKF members** must be a member of a federation recognized by the International Kendo Federation, and provide an email showing that your federation president is aware of, and approves of, your testing at this event.

### SHINSA QUESTIONS:

**Email your written responses to Parker Sensei**. Answers to shinsa questions should be emailed to pam\_a\_parker@yahoo.com by the deadline below.

### SHINSA FEES:

**Mail your menjo check to Parker Sensei:** Pam Parker, 24 Fifth Ave, Apt 426, New York NY 10011. The menjo check should be payable to Shidogakuin. The check will be destroyed if you do not pass.

**Include the shinsa fee in your payment for the seminar**. Follow the instructions on the Shinken.cc event page to pay by check payable to Shidogakuin, and mail it to Pam Parker at the above address.

### **DEADLINE**:

Your emailed responses, online payment and menjo check should be received by Feb. 18, 2023

### STANDING KATA:

**If you do not sit in seiza**, and you have previously provided a doctor's note, it is not necessary to provide another. But you do need to let us know so we can provide standing-only kata for you.

### FOR MORE INFORMATION:

See the event page at: http://shinken.cc/event/2023-east-coast-iaido-seminar

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## Iaido Shinsa Written Test Questions

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

**Email your answers** to pam\_a\_parker@yahoo.com, Shinsa administrator.

Include your name, the rank you are testing for, and your AUSKF ID (or other federation ID) in your email.

### First Kyu Candidates:

- 1. What do you hope to gain through the study of laido?
- 2. What is reiho?
- 3. List the names of all 12 All Japan Kendo Federation laido kata.

#### **Shodan Candidates:**

- 1. What is saya biki?
- 2. Draw a simple diagram of a katana and identify at least 6 parts (in Japanese or Romanized Japanese).
- 3. Describe *metsuke* in one of the All Japan Kendo Federation laido katas.

### **Nidan Candidates:**

- 1. What is the relationship between Kendo and laido?
- 2. Describe the hara, and explain its importance for laido.
- 3. What is meant by zanshin?

### **Sandan Candidates:**

- 1. Explain *ki-ken-tai-ichi* and give an example of its application in one All Japan Kendo Federation laido kata.
- 2. Every kata of the All Japan Kendo Federation has one or more imaginary opponents. Pick two kata, and describe the number and actions of the opponent(s) in each kata.
- 3. What is kirioroshi? Describe its use in one All Japan Kendo Federation laido kata.

#### **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.