# **laido Tests**

#### <u>6 KYU - ROKKYU</u>

The examination is performed with bokken. There is no request for saya

- Theory Examination
  - Name and show five parts of the sword
- Practical Examination
  - Show stands KAMAE: JODAN (HIDARI & MIGI) CHUDAN GEDAN HASSO WAKI
  - Show from standing position: horizontal NUKITSUKE, KIRI OTOSHI in 3 levels (head, diaphragm, belly)
  - EMBU: SHOMEN NI REI HAJIME NO TOREI Ippon me Mae OWARI NO TOREI -SHOMEN NI REI

### 5 KYU - GOKYU

The examination is performed with bokken. There is no request for saya

- Theory Examination
  - Name eight parts of the sword
  - o Demonstrate greeting to the sword upright
  - o Demonstrate delivery & receive of the sword of another
  - Explanation of substance behind the greeting of the swordrd
- Practical Examination
  - Show from standing position: horizontal NUKITSUKE, KIRI OTOSHI σε 3 επίπεδα (head, diaphragm, belly), KESA GIRI, ICHI MONJI GIRI, O CHIBURI, YOKO CHIBURI
  - EMBU: SHOMEN NI REI HAJIME NO TO REI Three KATA (Ippon me Mae and another 2 by choise) - OWARI NO TO REI - SHOMEN NI REI

#### <u>4 KYU - YONKYU</u>

The test can be done with bokken, but requires the existence of saya for bokken

- Theory Examination
  - o Explain terms Saya Biki, Saya Banare
  - o Explain term JO-HA-KYU
- Practical Examination
  - EMBU: SHOMEN NI REI HAJIME NO TO REI Five KATA (Ippon me Mae and another 4 by choise) - OWARI NO TO REI - SHOMEN NI REI

## 3 KYU - SANKYU

The test can be done with bokken, but requires the existence of saya for bokken

- Theory Examination
  - Explain term ZANSHIN
  - o Explain term METSUKE
  - o Explain kata Ippon me Mae
- Practical Examination
  - o EMBU: SHOMEN NI REI HAJIME NO TO REI Five KATA (Ippon me Mae and

## 2 KYU - NIKYU

Η εξέταση γίνεται με iaito. Η χρήση του sageo είναι προαιρετική

- Theory Examination
  - o Name 10 parts of iaito and saya
  - o Demonstrate security control iaito
  - o Explain correct TENOUCHI during a cut
  - o Explain term KI KEN TAI ICHI
  - o Explain of a kata (anyone but Ippon me Mae)

#### • Practical Examination

 EMBU: SHOMEN NI REI - HAJIME NO TO REI - Five KATA (Ippon me Mae and another 4 by choise) - OWARI NO TO REI - SHOMEN NI REI

## 1 KYU - IKKYUAN