

BRITISH KENDO ASSOCIATION

JODO SPRING SEMINAR 2010 - JODO GRADING QUESTIONS

Please answer the following questions as required for your grade. You may use illustrations to emphasise your point. Please however try to restrict your response to no more than four sides of A4.

To be returned to:

Harry Jones 3 Murdoch House Moodkee Street London SE16 7BJ (Note: Not by recorded delivery please)

Or by email: jodo.member@kendo.org.uk

No later than **14th March 2010**

Shodan and Nidan

These questions should be answerable from the Seitei Jodo Manual or from asking one's Sempai/Sensei:

1. Name the three principle Jo kamae used in Seitei Jodo
2. What is the command to bow to each other?
3. Describe three of the most important criteria for a warm-up.
4. State the 3 grading points for the Uchidachi in Hissage
5. Explain what is meant by Ki-Jo-Tai-Ichi?

Sandan

These questions should be answerable from research from the Seitei Jodo Manual, one's own sensei and other external sources such as books, the internet, other senior teachers.

1. Explain how the awase position is taken in hisstage making reference to the critical distance and timing during the movement
2. Explain the procedure for practicing Honte Uchi during Sotai Dosa.
3. What are the three bodily systems being targeted in a warm-up?
4. What year and by who was Seitei Jodo created?
5. Explain the meaning of HEIJOSHIN.