

BRITISH KENDO ASSOCIATION

JODO GRADING QUESTIONS – SPRING SEMINAR 2012

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:

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

No later than 4th MARCH 2012

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 are the two kiai used by Shijo?
- 3) Explain the front hand position in Gyakute Uchi
- 4) Describe three of the most important criteria for a warm-up
- 5) Who was the founder of Shinto Muso Ryu Jo(jutsu)?

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) Describe how Kasumi kamae should be constructed
- 2) Describe the body and jo movement for Gyakute zuki
- 3) Explain the relationship of the timing between shi and uchi during the first attack of Suigetsu and how that affects the distance
- 4) What are the three bodily systems being targeted in a warm-up?
- 5) What year and by whom was Seitei Jodo created?