

Grade applied for:	<input type="checkbox"/> 1 st DAN	<input type="checkbox"/> 2 nd DAN	<input type="checkbox"/> 3 rd DAN	<input type="checkbox"/> 4 th DAN
Candidate:	Family Name		First Name	
Federation:				

These questions can be answered by reading ZNKR Seitei Jo manual, asking your teacher and consulting other sources like books, the internet, other teachers.

- 1) Name the kata for your examination and specify the main characteristics that differentiate Sotai kyon from Tandoku kyon
- 2) Name the kamae where the jo is gripped in the middle of your right hand. Describe this kamae.
- 3) Name the jo's basics in Sotai Kyon.
- 4) Seitei-Jodo kata are from (a) Shindo Muso Ryu or (b) Muso Shinden Ryu?
- 5) During a demonstration the tachi is held by (a) the higher grade or (b) the lower grade? Describe tachi's role during a demonstration.
- 6) With what kamae uchidachi and shijo start seigan kata? Describe the kamae.
- 7) By mean of a graphic, show the feet position when taking Honte uchi no Kamae.
- 8) What is meant by "Kamae" and "Awase" ?
- 9) What is the name of the first serie of Koryu Kata and by which kata it is composed?

Shodan answer 1 -2 -3
 Nidan 1 -4 -5
 Sandan 1 -6 -7
 Yondan 1 -8 -9

(write the answers in capital letters and sign at the end of the text)
