

Grade applied for:	<input type="checkbox"/> 1° DAN <input type="checkbox"/> 2° DAN <input type="checkbox"/> 3° DAN <input type="checkbox"/> 4° DAN <input type="checkbox"/> 5° DAN				
Applicant:	Last name		First name		
Dojo:					
Teacher:					

初段 SHODAN

- What is “Kiai”?
- Describe “Ki-Jo-Tai icchi”.
- How do you execute “Ritsu-rei” (standing Rei) e “Za-rei” (seiza Rei) holding a Jo?

二段 NIDAN

- List the name of the 12 Kihon of ZenKenRen Jodo
- How do you execute “Ritsu-rei” (standing Rei) e “Za-rei” (seiza Rei) holding a Bokuto?
- What is Kamae?

三段 SANDAN

- Specify the standard measurements of a Jo
- Why is the role of Ucidaci (Ucitaci)* important in the Kata Keiko?
- What is “Maai” ?

四段 YODAN

- What does the practice of Jodo entail on the psychological level of the apprentice ?
- What are the points you must pay attention to when performing the role of Uchidachi (Uchitachi)?
- What is the meaning (importance) of the “Kata (Kata-geiko)” practice?

劍段 GODAN

- What is the meaning (importance) of the “Kata (Kata-geiko)” practice?
- What is “Ken-Tai icchi” when executing the techniques with the Jo?
- What is “Zanshin” and how to execute it with the Jo

**Ucidaci (o Ucitaci): in Katà, is the role working with Taci*

(write in capital letter, if possibile, and sign at the end)
