

ПИСЬМЕННЫЙ ТЕСТ ПО ИАЙДО

1. Начальный поклон

HAJIME NO TOREI (Bow to the sword before the performance) From Keito Shisei, sit down (a), place the sword to the right (b), from Seiza (c) bow to the sword (d).

2. Названия ката

IPPONME - MAE (FRONT)

NIHONME - USHIRO (REAR)

SAN BON ME - UKENAGASHI (RECEIVE, PARRY & CUT)

YONHONME - TSUKA ATE (STRIKING WITH THE HILT)

GOHONME - KESAGIRI (DIAGONAL CUT)

ROPPONME - MOROTEZUKI (TWO-HAND THRUST)

NANAHONME - SANPOGIRI (THREE DIRECTION CUT)

HAPPONME - GANMEN ATE (HIT TO THE FACE)

KYUHONME - SOETE ZUKI (JOINED HAND THRUST)

JUPPONME - SHIHOGIRI (FOUR DIRECTION CUTTING)

JUIPPONME - SOUGIRI (COMPLETE CUTS)

JU NIHONME - NUKIUCHI (SUDDEN DRAW)

3. Заключительный поклон

OWARI NO TOREI (Bow to the sword after the performance) After completion of the Enbu, sit in Seiza and remove the sword (a), place the sword with the handle (Tsuka) to the left onto the floor and bow (b). Place the sword on your thigh (c) and stand up (d).