



**U.I.K.J. Grading Syllabus
(Yudansha)**

U.I.K.J. – Yudansha Grading Syllabus



SHO-DAN 1° Dan (1 year)

Karate (Fight)

Kata

1. Tekki Shodan
2. Kanku Dai
3. Bassai Dai
4. Jion
5. 1 Kata superior Shoto-Renmei

Bunkai

1. Kata Taikyoku
2. Kata Heian

Kumite (Ju kumite)

1. Preparation techniques to kumite
2. Strategies kumite
3. Kumite free

Arbitraggio

Rule book

Kobudo (Weapons)

Kali

1. Khion
2. Kata
3. Kiso Kumite

Aikido (Levers & Projections)

Aiki jjuwaza

1. Basic techniques
2. Basic techniques (Variation)

Aiki jo

All

Aiki ken

All

Judo (Grappling)

Kihon

Gokyo1 (Application)

Kendo/Iaido (Sword)

Iaido

3 kata of your choice (Seitei iai / Musoshinden)

Self Defence / Krav Maga (Self Defence)

Self Defence / Krav Maga

1. Preparation of basic (physics and psychophysics)
2. Technical fall
 - showing up - accidental
3. Major vulnerable and painful pressure points