



LEGENDA

S = stationary

Sf = step forward

R= right

L= left

Vs = versus

B = Back

U.I.K.J. Grading Syllabus (Mudansha)

U.I.K.J. – Mudansha Grading Syllabus



SANKYU 3° Kyu (8 months)

Karate (Fight)

Kihon

1. **Sanbontzuki** (Sf) - **Oitzuki** (Sf)
2. **Age uke** (B) – **Gedan barai** (S) - **Oizuki** (Sf)
(same arm)
3. **Soto uke** (B) - **Uraken** (S) – **Gyakutzuki** (S)
4. **Uchi uke** (B) – **Kizamitzuki** (S) – **Soto uke** (Sf) -
Ageuke (S) - **Gyakutzuki** (S) (same arm)
5. **Shuto uke** (B) – **Mae geri** (Sf) – **Gedan bari** (S)
(Gyakuashi) - **Jodan Chokutzuki** (S)
6. **Mae geri** (Sf) - **Mawashigeri** (Sf)
7. **Mae geri** (Sf) – **Yokogeri Kekomi** (S) (same leg)
8. **Mae geri** (Sf) – **Mawashigeri** (S) (same leg)
9. **Gedan barai** (B) – **Ageuke** (S) (Gyakuashi) –
Chokutzuki (S)
10. **Shiho Gyakutzuki**

Kata

1. **Junro Sandan**
2. **Bassai Dai**
3. **Jion**

Kumite (Jiyu Ippon Kumite – with parades fundamental)

(ATT) Jodan-Chudan–Maegeri–Yokogeri–Mawashigeri

(DIF) Ageuke(vs)Gyakutsuki

Sotouke(vs)Gyakutsuki

Gedan barai(vs)Gyakutsuki

Sotouke(vs)Gyakutzuki

Jodan Uchiuke(vs)Gyakutsuki

Kobudo (Weapons)

Jo

Kata – Ichijusan no Jo

Kumite – Kumi Jo 1,2,3

Tachi

Kamae

Sai

Hojoundo

Aikido (Levers & Projections)

Kihon

Hiji Jime

Judo (Grappling)

Kihon

Gokyo 4 (first 4 waza)

Pil Sung (Fight)

Kata

Toi gye

Sparring

Drills 7