



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



YONKYU 4° Kyu (6 months)

Karate (Fight)

Kihon

1. **Sanbontzuki** (Sf)
2. **Uchi uke** (B) – **Kizamitzuki** (S) - **Oitzuki** (Sf)
3. **Age uke** (B) – **Yoko enpi** (S) - **Gyakutzuki** (Sf – rotate 180°)
4. **Soto uke** (B) - **Mae geri** (Sf) – **Gyakutzuki** (S)
5. **Jodan Gyakutzuki** (B) – **Chudan Gyakutzuki** (Sf)
6. **Gedan barai** (B) **Mae enpi** (Gyakuashi)
7. **Shuto uke** (Sf) – **Kizamigeri** (S) - **Gyakutzuki** (S)
8. **Mae geri** (Sf) - **Yokogeri kekomi** (Sf)
9. **Mawashigeri** (Sf)
10. **Gedan Jujuke** (Sf) – **Jodan Uraken uchi** (S) – **Gyakutzuki** (S)

Kata

1. **Junro Nidan**
2. **Kanku Dai**
3. **Bassai Dai**

Kumite (Kihon Ippon Kumite)

(ATT) Jodan - Chudan – Mae geri – Yokogeri kekomi - Mawashigeri

(DIF) Ageuke(vs)Gyakutsuki–Sotouke(vs)Gyakutsuki

Gedanbarai(vs)Gyakutsuki(45°R or L in zenkutsudachi)

Sotouke (45°)(vs)Gyakutzuki (taisabaki)

Jodan Uchiuke(kibadachi)(vs)Gyakutsuki (zenkutsudachi)

Kobudo (Weapons)

Jo

Suburi (Series 5)

Kata – Sanju no Jo (in pairs)

Kali

Hojoundo

Aikido (Levers & Projections)

Kihon

Irimi

Judo (Grappling)

Kihon

Gokyo 3 (last 4 waza)

Pil Sung (Fight)

Kata

Joong gun

Sparring

Drills 5/6