



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

U.I.K.J. – Yudansha Grading Syllabus

GO-DAN 5° Dan (5 years)



Karate (Fight)

Kata

1. **Gojushiho Dai**
2. **Gojushiho Sho**
3. **Sochin**
4. **5 Kata superior Shoto-Renmei**

Bunkai

1. **5 kata superior**
2. **4 kata superior Shoto-Renmei**

Kumite (Ju kumite)

1. **Kumite free (Application)**
2. **Thesis writing**

Teoria

Shoto-Renmei - Thesis writing

Kobudo (Weapons)

Tessen / Timbei

1. **Khion**
2. **Kata**
3. **Kiso Kumite**

Kyusho (Vital Points)

Kyusho

Application

Aikido (Levers & Projections)

Aiki jijuwaza

1. **Basic techniques**
2. **Basic techniques (Variation)** (with multiple opponents)

Aiki jo

All

Aiki ken

All

Judo (Grappling)

Kihon

Gokyo5 (Application)

Kendo/Iaido (Sword)

Iaido

1. **12 kata of your choice (Seitei iai / Musoshinden)**
2. **Thesis writing**

Kendo

1. **Gigeiko**
2. **Kata**
3. **Thesis writing**

Self Defence / Krav Maga (Self Defence)

Self Defence / Krav Maga

1. Defense techniques with weapons

- stick - knife - a firearm - against more attacks by one person or more

2. Using common objects for self-defense

3. Simulation of attacks