



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



NANAKYU 7° Kyu (6 months)

Karate (Fight)

Kihon

1. **Jodan Oizuki** (Sf)
2. **Age uke** (Sf) – **Gyakutzuki** (S)
3. **Soto uke** (Sf) – **Gyakutzuki** (S)
4. **Gedan barai** (Sf) – **Gyakutzuki** (S)
5. **Uchi uke** (Sf)
6. **Shuto uke** (Sf)
7. **Mae geri** (Jodan) (Sf)
8. **Yokogeri keage** (from kidadachi) (Sf)
9. **Yokogeri kekomi** (from kidadachi) (Sf)
10. **Uchi uke** (S) – **Mae geri** (Sf) – **Gyakutzuki** (S)
(Gyakuashi)

Kata

1. **Taikyoku Godan (Omote e Ura)**
2. **Taikyoku Rokudan (Omote e Ura)**
3. **Heian Sandan**

Kumite (Sanbon Kumite)

(ATT) **Jodan Oizuki - Chudan Oizuki**

(DIF) **Age uke – Uchi uke/Gyakuzuki(S)**

(ATT) **Jodan Oizuki - Chudan Oizuki – Chudan Maegeri**

(DIF) **Age uke – Soto uke – Gedan barai/Gyakuzuki(S)**

Kobudo (Weapons)

Jo

Suburi (Series 2)

Nunchaku

Hojoundo

Aikido (Levers & Projections)

Kihon

1. **Shiho Nage**
2. **Kokyu Ho**

Judo (Grappling)

Kihon

Gokyo 2 (first 4 waza)

Pil Sung (Fight)

Kata

Do san

Sparring

Drills 2/3