



### LEGENDA

S = stationary

Sf = step forward

R= right

L= left

Vs = versus

B = Back

## U.I.K.J. Grading Syllabus

## U.I.K.J. – Grading Syllabus

**KYU-KYU 9° Kyu** (4 months)



**Karate** (Fight)

### **Kihon**

**Uchi Hachiji Dachi** (S)

1. **Choku tsuki** (S)
2. **Age uke** (S)
3. **Soto uke** (S)
4. **Gedan barai** (S)
5. **Oizuki** (Sf)

**Zenkutsu dachi** (Sf)

6. **Age uke** (Sf)
7. **Soto uke** (Sf)
8. **Gedan barai** (Sf)
9. **Mae geri** (Sf)
10. **Mawatte** (Sf) – **Gedan barai** (S)

### **Kata**

1. **Taikyoku Shodan (Omote e Ura)**
2. **Taikyoku Nidan (Omote e Ura)**
3. **Heian Shodan**

**Kumite** (Gohon Kumite)

**(ATT) Jodan Oizuki**

**(DIF) Age uke+Gyakutsuki** (S) (after the 5th counterattack)

**Kamaete** (without returning to Age uke)

**Kobudo** (Weapons)

### **Jo**

1. **Kamae**
2. **Khion**

### **Bo**

**Hojoundo**

**Aikido** (Levers & Projections)

### **Kihon**

1. **Kamae**
2. **Seiza**
3. **Shikko**
4. **Waza**

**Judo** (Grappling)

### **Kihon**

**Gokyo 1 (first 4 waza)**

**Pil Sung** (Fight)

### **Kata**

**Chon ji**

### **Sparring**

**Drills 1**

## U.I.K.J. – Grading Syllabus

**HACHIKYU 8° Kyu** (6 months)



**Karate** (Fight)

### **Kihon**

**Zenkutsu dachi** (Sf)

1. **Oizuki** (Sf)
2. **Age uke** (Sf)
3. **Soto uke** (Sf)
4. **Gedan barai** (Sf)
5. **Gyaku tzuki** (Sf)
6. **Age uke** (Sf) – **Gyaku tzuki** (S)
7. **Soto uke** (Sf) – **Gyaku tzuki** (S)
8. **Mae geri** (Chudan) (Sf)
9. **Shuto uke** (Sf)
10. **Gedan barai** (Sf) – **Tatemawashi Tetsui uchi** (S)

### **Kata**

1. **Taikyoku Sandan (Omote e Ura)**
2. **Taikyoku Yodan (Omote e Ura)**
3. **Heian Nidan**

**Kumite** (Gohon Kumite)

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

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

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

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

**Kobudo** (Weapons)

### **Jo**

**Suburi (Series 1)**

### **Bo**

1. **Kata (KJD + MATAYOSHI)**
2. **Kumitachi**

**Aikido** (Levers & Projections)

### **Kihon**

1. **Kihon**
2. **Hiriki**
3. **Shumatsu**

**Judo** (Grappling)

### **Kihon**

**Gokyo 1 (last 4 waza)**

**Pil Sung** (Fight)

### **Kata**

**Dan gun**

**Sparring**

**Drills 2/3**

## U.I.K.J. – 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**

## U.I.K.J. – Grading Syllabus



**ROKKYU 6° Kyu** (6 months)

**Karate** (Fight)

### **Kihon**

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

### **Kata**

1. **Ten no kata (Omote e Ura)**
2. **Heian Yodan**
3. **Heian Godan**

**Kumite** (Sanbon Kumite)

**(ATT) Chudan Oizuki-Chudan Oizuki–Chudan Maegeri**  
**(DIF) Uchi uke–Soto uke–Gedan barai/Gyakuzuki(S)**

**(ATT) Jodan Oizuki - Chudan Oizuki – Chudan Maegeri**  
**(DIF) Age uke–Soto uke–Gedan barai/Gyakuzuki(S)**

**Kobudo** (Weapons)

### **Jo**

**Suburi (Series 3)**

**Kata - Roku no Jo**

### **Nunchaku**

1. **Kata (KJD + MATAYOSHI)**
2. **Kumitachi**

**Aikido** (Levers & Projections)

### **Kihon**

1. **Ikkyo**
2. **Nikyo**

**Judo** (Grappling)

### **Kihon**

**Gokyo 2 (last 4 waza)**

**Pil Sung** (Fight)

### **Kata**

**Won hyo**

### **Sparring**

**Drills 4**

## U.I.K.J. – Grading Syllabus



**GOKYU 5° Kyu** (6 months)

**Karate** (Fight)

### **Kihon**

1. **Jodan Oizuki** (B) **Chudan Gyakutzuki** (S)
2. **Age uke** (B) – **Gyakutzuki** (S) - **Mae geri** (S)
3. **Soto uke** (B) – **Gyakutzuki** (S) - **Mae geri** (S)
4. **Uchi uke** (B) – **Gyakutzuki** (S) - **Mae geri** (S)
5. **Gedan barai** (B) – **Gyakutzuki** (S) - **Mae geri** (Sf)
6. **Chudan Moroteuke** (from kokutsudachi) (Sf) – **Gyakutzuki** (zenkutsudachi) (S)
7. **Shuto uke** (Sf) – **Nukite** (S)
8. **Yokogeri keage** (from zenkutsudachi) (Sf)
9. **Yokogeri kekomi** (from zenkutsudachi) (Sf)
10. **Rengeri** (Chudan – Jodan) (Sf)

### **Kata**

1. **Junro Shodan**
2. **Tekki Shodan**
3. **Kanku Dai**

**Kumite** (Kihon Ippon Kumite)

**(ATT) Jodan - Chudan - Chudan - Chudan – Mae geri**  
**(DIF) Ageuke/Gyakutsuki – Sotouke/Gyakutsuki -**  
**Uchiuke/Gyakutsuki (45° R) - Shutouke/Nukite (45° L)**  
– **Gedanbarai kidadachi)/Gyakutsuki** (zenkutsudachi)  
output required to R

**Kobudo** (Weapons)

### **Jo**

**Suburi (Series 4)**

**Kata – Sanju no Jo**

**Kumite – Jo no awase**

### **Kali**

**Hojoundo**

**Aikido** (Levers & Projections)

### **Kihon**

1. **Sankyo**
2. **Yonkyo**

**Judo** (Grappling)

### **Kihon**

**Gokyo 3 (first 4 waza)**

**Pil Sung** (Fight)

### **Kata**

**Yul gok**

### **Sparring**

**Drills 5/6**