



### 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**

## U.I.K.J. – 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 Jujiuke** (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**

## U.I.K.J. – 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**



## U.I.K.J. – Grading Syllabus



**NIKYU 2° Kyu** (8 months)

**Karate** (Fight)

### Kihon

1. **Sanbontzuki** (B) – **Mae geri** (Sf) - **Gyakutzuki** (S)
2. **Uchi uke** (B) – **Uchi uke** (S)(Gyakuashi) – **Mawashigeri** (Sf) - **Uraken** (S) - **Gyakutzuki** (S)
3. **Age uke** (B)(Gyakuashi) – **Gedan Nagashi uke** (S) – **Mae enpi** (S)(Gyakuashi)
4. **Soto uke** (B)(kokutsudachi) - **Kizamigeri** (S) – **Oizuki** (Sf)
5. **Oizuki** (Sf) – **Tate Shuto uke** (I)(zenkutsudachi) – **Mikazukigeri** (S)
6. **Ushirogeri** (Sf)
7. **Mae geri** (Sf) – **Yokogeri Kekomi** (S) - **Gyakutzuki** (S) (same leg)
8. **Mae geri** (Sf) - **Mawashigeri** (S) - **Gyakutzuki** (S)(same leg)
9. **Mawashigeri Chudan** (Sf) – **Mawashigeri Jodan** (Sf) – **Gyakutzuki** (S)
10. **Shiho Uchiuke** (S) – **Gyakutzuki** (S)

### Kata

1. **Junro Yondan**
2. **Tekki Nidan**
3. **Enpi**

**Kumite** (Jiyu Kumite)

**Kobudo** (Weapons)

### Jo

**Kata** – **Ichijusan no Jo**

**Kumite** – **Kumi Jo 4,5,6**

### Tachi

**Kihon**

### Sai

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

2. **Kumitachi**

**Aikido** (Levers & Projections)

### Kihon

**Tenchi Nage**

**Judo** (Grappling)

### Kihon

**Gokyo 4 (last 4 waza)**

**Pil Sung** (Fight)

### Kata

**Hwa rang**

### Sparring

**Drills 7**

## U.I.K.J. – Grading Syllabus



**IKKYU 1° Kyu** (12 months)

**Karate** (Fight)

### **Kihon**

- 1. Oizuki** (Sf) – **Shutouke** (B) - **Kizamigeri** (S) - **Ageuke** (S) - **Gyakutzuki** (S)
- 2. Kizamizuki** (B) - **Sotouke** (S)(Gyakuashi) - **Gyakutzuki** (Sf) - **Mawashigeri** (Sf)
- 3. Jodan Uraken** (B) – **Uchi uke** (S)(Gyakuashi) – **Mae geri** (Sf)
- 4. Age uke** (B)– **Jodan Haito** (S) (Gyakuashi) – **Yokogeri Kekomi** (Sf) – **Ushirogeri** (Sf) **Gyakutzuki** (S) (Gyakuashi)
- 5. Mae geri** (Sf) – **Uraken** (S) – **Gedan barai** (B) – **Chudan Nukite** (S) (Gyakuashi)
- 6. Jodan Mae geri** (Sf) – **Gedan Kekomi** (Sf) - **Uchiuke** (S) – **Mawashigeri** (Sf)
- 7. Shuto uke** (Sf)  
(turning 180 degrees clockwise or counterclockwise)
- 8. Mae geri** (S) – **Yokogeri** (S) – **Ushirogeri** (S)  
(In the three directions. Same leg.)
- 9. Shiho enpi uchi** (S) (Tate enpi – Mae enpi)
- 10. Kime waza** (Sf) (Control of the fist)

### **Kata**

- 1. Junro Godan** / **2. Hangetsu** / **3. Jiin** / **4. Jite**

**Kumite** (Jiyu Kumite)

**Kobudo** (Weapons)

### **Jo**

**Kata – Sanju no Jo** (4 directions)

**Kumite – Kumi Jo 7,8,9,10**

### **Tachi**

**Kumitachi** (all)

### **Tonfa**

- 1. Hojoundo**
- 2. Kata (KJD + MATAYOSHI)**
- 3. Kumitachi**

**Aikido** (Levers & Projections)

### **Kihon**

**Kote gaeshi**

**Judo** (Grappling)

### **Kihon**

**Gokyo 5**

**Pil Sung** (Fight)

### **Kata**

**Choong moo**

### **Sparring**

**Drills 8**