



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 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

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