



LEGENDA

P = da fermo

Av = in avanti

Dx = destra

Sx = sinistra

Vs = contro

U.I.K.J. Grading Syllabus (Mudansha)

U.I.K.J. – Mudansha Grading Syllabus



IKKYU 1° Kyu (12 mesi)

Karate (Combattimento)

Kihon

1. **Oizuki** (Av) – **Shutouke** (I) - **Kizamigeri** (P) - **Ageuke** (P) - **Gyakutzuki** (P)
2. **Kizamizuki** (I) - **Sotouke** (P)(Gyakuashi) - **Gyakutzuki** (Av)) - **Mawashigeri** (Av)
3. **Jodan Uraken** (I) – **Uchi uke** (P)(Gyakuashi) – **Mae geri** (Av)
4. **Age uke** (I)) – **Jodan Haito** (P) (Gyakuashi) – **Yokogeri Kekomi** (Av) – **Ushirogeri** (Av) **Gyakutzuki** (P) (Gyakuashi)
5. **Mae geri** (Av) – **Uraken** (P) – **Gedan barai** (I) – **Chudan Nukite** (P) (Gyakuashi)
6. **Jodan Mae geri** (Av) – **Gedan Kekomi** (Av) - **Uchiuke** (P) – **Mawashigeri** (Av)
7. **Shuto uke** (Av)
(ruotando di 180° in senso orario o antiorario)
8. **Mae geri** (P) – **Yokogeri** (P) – **Ushirogeri** (P)
(Nelle tre direzioni. Stessa gamba.)
9. **Shiho enpi uchi** (P) (Tate enpi – Mae enpi)
10. **Kime waza** (Av) (Controllo del pugno)

Kata

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

Kumite (Jiyu Kumite)

Kobudo (Armi)

Jo

Kata – Sanju no Jo (4 direzioni)

Kumite – Kumi Jo 7,8,9,10

Tachi

Kumitachi (tutti)

Tonfa

1. **Hojoundo**

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

3. **Kumitachi**

Aikido (Leve & Proiezioni)

Kihon

Kote gaeshi

Judo (Grappling)

Kihon

Gokyo 5

Pil Sung (Combattimento)

Kata

Choong moo

Sparring

Drills 8