



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



NIKYU 2° Kyu (8 mesi)

Karate (Combattimento)

Kihon

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

Kata

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

Kumite (Jiyu Kumite)

Kobudo (Armi)

Jo

Kata – **Ichijusan no Jo**

Kumite – **Kumi Jo 4,5,6**

Tachi

Kihon

Sai

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

2. **Kumitachi**

Aikido (Leve & Proiezioni)

Kihon

Tenchi Nage

Judo (Grappling)

Kihon

Gokyo 4 (ultime 4 waza)

Pil Sung (Combattimento)

Kata

Hwa rang

Sparring

Drills 7