



### 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



**GOKYU 5° Kyu** (6 mesi)

**Karate** (Combattimento)

### **Kihon**

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

### **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° a dx) - Shutouke/Nukite (45°**

**a sx) – Gedanbarai kidadachi)/Gyakutsuki**  
(zenkutsudachi) con uscita obbligatoria a dx

**Kobudo** (Armi)

### **Jo**

**Suburi (4° SERIE)**

**Kata – Sanju no Jo**

**Kumite – Jo no awase**

### **Kali**

**Hojoundo**

**Aikido** (Leve & Proiezioni)

### **Kihon**

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

**Judo** (Grappling)

### **Kihon**

**Gokyo 3 (prime 4 waza)**

**Pil Sung** (Combattimento)

### **Kata**

**Yul gok**

### **Sparring**

**Drills 5/6**