



LEGENDA

P = da fermo

Av = in avanti

Dx = destra

Sx = sinistra

Vs = contro

U.I.K.J. Grading Syllabus

U.I.K.J. – Grading Syllabus



KYU-KYU 9° Kyu (4 mesi)

Karate (Combattimento)

Kihon

Uchi Hachiji Dachi (P)

1. **Choku tsuki** (P)
2. **Age uke** (P)
3. **Soto uke** (P)
4. **Gedan barai** (P)
5. **Oizuki** (Av)

Zenkutsu dachi (Av)

6. **Age uke** (Av)
7. **Soto uke** (Av)
8. **Gedan barai** (Av)
9. **Mae geri** (Av)
10. **Mawatte** (Av) – **Gedan barai** (P)

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 (P) (dopo il 5° contrattacco)

Kamaete (senza tornare in Age uke)

Kobudo (Armi)

Jo

1. **Kamae**
2. **Khion**

Bo

Hojoundo

Aikido (Leve & Proiezioni)

Kihon

1. **Kamae**
2. **Seiza**
3. **Shikko**
4. **Waza**

Judo (Grappling)

Kihon

Gokyo 1 (prime 4 waza)

Pil Sung (Combattimento)

Kata

Chon ji

Sparring

Drills 1

U.I.K.J. – Grading Syllabus



HACHIKYU 8° Kyu (6 mesi)

Karate (Combattimento)

Kihon

Zenkutsu dachi (Av)

1. **Oizuki** (Av)
2. **Age uke** (Av)
3. **Soto uke** (Av)
4. **Gedan barai** (Av)
5. **Gyaku tzuki** (Av)
6. **Age uke** (Av) – **Gyaku tzuki** (P)
7. **Soto uke** (Av) – **Gyaku tzuki** (P)
8. **Mae geri** (Chudan) (Av)
9. **Shuto uke** (Av)
10. **Gedan barai** (Av) – **Tatemawashi Tetsui uchi** (P)

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(P)

(ATT) Jodan Oizuki - Chudan Oizuki – Chudan Maegeri

(DIF) Age uke – Soto uke – Gedan barai/Gyakuzuki(P)

Kobudo (Armi)

Jo

Suburi (1° SERIE)

Bo

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

Aikido (Leve & Proiezioni)

Kihon

1. **Kihon**
2. **Hiriki**
3. **Shumatsu**

Judo (Grappling)

Kihon

Gokyo 1 (ultime 4 waza)

Pil Sung (Combattimento)

Kata

Dan gun

Sparring

Drills 2/3

U.I.K.J. – Grading Syllabus



NANAKYU 7° Kyu (6 mesi)

Karate (Combattimento)

Kihon

1. **Jodan Oizuki** (Av)
2. **Age uke** (Av) – **Gyakutzuki** (P)
3. **Soto uke** (Av) – **Gyakutzuki** (P)
4. **Gedan barai** (Av) – **Gyakutzuki** (P)
5. **Uchi uke** (Av)
6. **Shuto uke** (Av)
7. **Mae geri** (Jodan) (Av)
8. **Yokogeri keage** (da kidadachi) (Av)
9. **Yokogeri kekomi** (da kidadachi) (Av)
10. **Uchi uke** (P) – **Mae geri** (Av) – **Gyakutzuki** (P)
(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(P)

(ATT) Jodan Oizuki - Chudan Oizuki – Chudan Maegeri

(DIF) Age uke – Soto uke – Gedan barai/Gyakuzuki(P)

Kobudo (Armi)

Jo

Suburi (2° SERIE)

Nunchaku

Hojoundo

Aikido (Leve & Proiezioni)

Kihon

1. **Shiho Nage**
2. **Kokyu Ho**

Judo (Grappling)

Kihon

Gokyo 2 (prime 4 waza)

Pil Sung (Combattimento)

Kata

Do san

Sparring

Drills 2/3

U.I.K.J. – Grading Syllabus



ROKKYU 6° Kyu (6 mesi)

Karate (Combattimento)

Kihon

1. **Jodan Oizuki** (Av) **Chudan Gyakutzuki** (P)
2. **Age uke** (Av) – **Gyakutzuki** (P) - **Mae geri** (P)
3. **Soto uke** (Av) – **Gyakutzuki** (P) - **Mae geri** (P)
4. **Uchi uke** (Av) – **Gyakutzuki** (P) - **Mae geri** (P)
5. **Gedan barai** (Av) – **Gyakutzuki** (P) - **Mae geri** (P)
6. **Shuto uke** Av
7. **Mae geri** (Av) – **Oizuki** (Av)
8. **Yokogeri keage** (da kidadachi) (Av)
9. **Yokogeri kekomi** (da kidadachi) (Av)
10. **Fumikomi** (Av) – **Enpi uke** (P) – **Sokumen Jodan Uraken uchi** (P)

Kata

1. **Ten no kata (Omote e Ura)**
2. **Heian Yodan**
3. **Heian Godan**

Kumite (Sanhon Kumite)

(ATT) Chudan Oizuki-Chudan Oizuki–Chudan Maegeri
(DIF) Uchi uke–Soto uke–Gedan barai/Gyakuzuki(P)

(ATT) Jodan Oizuki - Chudan Oizuki – Chudan Maegeri
(DIF) Age uke–Soto uke–Gedan barai/Gyakuzuki(P)

Kobudo (Armi)

Jo

Suburi (3° SERIE)

Kata - Roku no Jo

Nunchaku

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

Aikido (Leve & Proiezioni)

Kihon

1. **Ikkyo**
2. **Nikyo**

Judo (Grappling)

Kihon

Gokyo 2 (ultime 4 waza)

Pil Sung (Combattimento)

Kata

Won hyo

Sparring

Drills 4

U.I.K.J. – 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

U.I.K.J. – Grading Syllabus



YONKYU 4° Kyu (6 mesi)

Karate (Combattimento)

Kihon

1. **Sanbontzuki** (Av)
2. **Uchi uke** (I) – **Kizamitzuki** (P) - **Oitzuki** (Av)
3. **Age uke** (I) – **Yoko enpi** (P) - **Gyakutzuki** (Av – ruotando 180°)
4. **Soto uke** (I) - **Mae geri** (Av) – **Gyakutzuki** (P)
5. **Jodan Gyakutzuki** (I) – **Chudan Gyakutzuki** (Av)
6. **Gedan barai** (I) **Mae enpi** (Gyakuashi)
7. **Shuto uke** (Av) – **Kizamigeri** (P) - **Gyakutzuki** (P)
8. **Mae geri** (Av) - **Yokogeri kekomi** (Av)
9. **Mawashigeri** (Av)
10. **Gedan Jujuke** (Av) – **Jodan Uraken uchi** (P) – **Gyakutzuki** (P)

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°dx o sx in zenkutsudachi)

Sotouke (45°)(vs)Gyakutzuki (in taisabaki)

Jodan Uchiuke(kibadachi)(vs)Gyakutsuki (zenkutsudachi)

Kobudo (Armi)

Jo

Suburi (5° SERIE)

Kata – Sanju no Jo (a coppie)

Kali

Hojoundo

Aikido (Leve & Proiezioni)

Kihon

Irimi

Judo (Grappling)

Kihon

Gokyo 3 (ultime 4 waza)

Pil Sung (Combattimento)

Kata

Joong gun

Sparring

Drills 5/6

U.I.K.J. – Grading Syllabus

SANKYU 3° Kyu (8 mesi)



Karate (Combattimento)

Kihon

1. **Sanbontzuki** (Av) - **Oitzuki** (Av)
2. **Age uke** (I) - **Gedan barai** (P) - **Oizuki** (Av)
(stesso braccio)
3. **Soto uke** (I) - **Uraken** (P) - **Gyakutzuki** (P)
4. **Uchi uke** (I) - **Kizamitzuki** (P) - **Soto uke** (Av) -
Ageuke (P) - **Gyakutzuki** (P) (stesso braccio)
5. **Shuto uke** (I) - **Mae geri** (Av) - **Gedan bari** (P)
(Gyakuashi) - **Jodan Chokutzuki** (P)
6. **Mae geri** (Av) - **Mawashigeri** (Av)
7. **Mae geri** (Av) - **Yokogeri Kekomi** (P) (stessa gamba)
8. **Mae geri** (Av) - **Mawashigeri** (P) (stessa gamba)
9. **Gedan barai** (I) - **Ageuke** (P) (Gyakuashi) -
Chokutzuki (P)
10. **Shiho Gyakutzuki**

Kata

1. **Junro Sandan**
2. **Bassai Dai**
3. **Jion**

Kumite (Jiyu Ippon Kumite – con parate fondamentali)

(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 (Armi)

Jo

Kata – Ichijusan no Jo

Kumite – Kumi Jo 1,2,3

Tachi

Kamae

Sai

Hojoundo

Aikido (Leve & Proiezioni)

Kihon

Hiji Jime

Judo (Grappling)

Kihon

Gokyo 4 (prime 4 waza)

Pil Sung (Combattimento)

Kata

Toi gye

Sparring

Drills 7

U.I.K.J. – 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

U.I.K.J. – 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