



### 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**

## U.I.K.J. – Grading Syllabus



**SHO-DAN 1° Dan** (1 anno)

**Karate** (Combattimento)

### **Kata**

1. Tekki Shodan
2. Kanku Dai
3. Bassai Dai
4. Jion
5. 1 Kata superiore Shoto-Renmei

### **Bunkai**

1. Kata Taikyoku
2. Kata Heian

**Kumite** (Ju kumite)

1. Tecniche di preparazione al kumite
2. Strategie del kumite
3. Kumite libero

### **Arbitraggio**

**Regolamento**

**Kobudo** (Armi)

### **Kali**

1. Khion
2. Kata
3. Kiso Kumite

**Aikido** (Leve & Proiezioni)

### **Aiki jjuwaza**

1. Tecniche di base
2. Variazioni sulle tecniche di base

### **Aiki jo**

**Tutto**

### **Aiki ken**

**Tutto**

**Judo** (Grappling)

### **Kihon**

**Applicazione del Gokyo1**

**Kendo/Iaido** (Spada)

### **Iaido**

**3 kata a scelta (Seitei iai / Musoshinden)**

**Self Defence / Krav Maga** (Difesa personale)

### **Self Defence / Krav Maga**

1. Preparazione fisica di base e psicofisica specifica
2. Tecniche di caduta
  - su proiezione - accidentali
3. Principali punti vulnerabili e pressioni dolorose

## U.I.K.J. – Grading Syllabus



**NI-DAN 2° Dan** (2 anni)

**Karate** (Combattimento)

### **Kata**

1. Tekki Nidan
2. Enpi
3. Hangetsu
4. Jiin
5. Jitte
6. 2 Kata superiori Shoto-Renmei

### **Bunkai**

1. 2 kata superiori
2. 1 kata superiore Shoto-Renmei

**Kumite** (Ju kumite)

1. Kumite libero
2. Tesi scritta

### **Arbitraggio**

**Regolamento**

**Kobudo** (Armi)

### **Kama / Kusari**

1. Khion
2. Kata
3. Kiso Kumite

**Aikido** (Leve & Proiezioni)

### **Aiki jjuwaza**

1. Tecniche di base
2. Variazioni sulle tecniche di base

### **Aiki jo**

**Tutto**

### **Aiki ken**

**Tutto**

**Judo** (Grappling)

### **Kihon**

**Applicazione del Gokyo2**

**Kendo/Iaido** (Spada)

### **Iaido**

**5 kata a scelta (Seitei iai / Musoshinden)**

### **Kendo**

1. Kirikaeshi
2. Gigeiko

**Self Defence / Krav Maga** (Difesa personale)

### **Self Defence / Krav Maga**

**Leve e lussazioni**