



LEGENDA

S = stationary

Sf = step forward

R= right

L= left

Vs = versus

B = Back

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

U.I.K.J. – Mudansha Grading Syllabus



IKKYU 1° Kyu (12 months)

Karate (Fight)

Kihon

1. **Oizuki** (Sf) – **Shutouke** (B) – **Kizamigeri** (S) – **Ageuke** (S) – **Gyakutzuki** (S)
2. **Kizamizuki** (B) – **Sotouke** (S)(Gyakuashi) – **Gyakutzuki** (Sf) – **Mawashigeri** (Sf)
3. **Jodan Uraken** (B) – **Uchi uke** (S)(Gyakuashi) – **Mae geri** (Sf)
4. **Age uke** (B)– **Jodan Haito** (S) (Gyakuashi) – **Yokogeri Kekomi** (Sf) – **Ushirogeri** (Sf) **Gyakutzuki** (S) (Gyakuashi)
5. **Mae geri** (Sf) – **Uraken** (S) – **Gedan barai** (B) – **Chudan Nukite** (S) (Gyakuashi)
6. **Jodan Mae geri** (Sf) – **Gedan Kekomi** (Sf) – **Uchiuke** (S) – **Mawashigeri** (Sf)
7. **Shuto uke** (Sf)
(turning 180 degrees clockwise or counterclockwise)
8. **Mae geri** (S) – **Yokogeri** (S) – **Ushirogeri** (S)
(In the three directions. Same leg.)
9. **Shiho enpi uchi** (S) (Tate enpi – Mae enpi)
10. **Kime waza** (Sf) (Control of the fist)

Kata

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

Kumite (Jiyu Kumite)

Kobudo (Weapons)

Jo

Kata – Sanju no Jo (4 directions)

Kumite – Kumi Jo 7,8,9,10

Tachi

Kumitachi (all)

Tonfa

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

Aikido (Levers & Projections)

Kihon

Kote gaeshi

Judo (Grappling)

Kihon

Gokyo 5

Pil Sung (Fight)

Kata

Choong moo

Sparring

Drills 8