



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

U.I.K.J. – Yudansha Grading Syllabus



NI-DAN 2° Dan (2 years)

Karate (Fight)

Kata

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

Bunkai

1. 2 kata superior
2. 1 kata superior Shoto-Renmei

Kumite (Ju kumite)

1. Kumite free
2. Thesis writing

Arbitraggio

Rule book

Kobudo (Weapons)

Kama / Kusari

1. Khion
2. Kata
3. Kiso Kumite

Aikido (Levers & Projections)

Aiki jijuwaza

1. Basic techniques
2. Basic techniques (Variation)

Aiki jo

All

Aiki ken

All

Judo (Grappling)

Kihon

Gokyo2 (Application)

Kendo/Iaido (Sword)

Iaido

5 kata of your choice (Seitei iai / Musoshinden)

Kendo

1. Kirikaeshi
2. Gigeiko

Self Defence / Krav Maga (Self Defence)

Self Defence / Krav Maga

Levers and dislocations