



LEGENDA

S = stationary

Sf = step forward

R= right

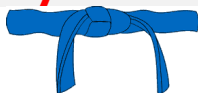
L= left

Vs = versus

B = Back

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

U.I.K.J. – Mudansha Grading Syllabus



NIKYU 2° Kyu (8 months)

Karate (Fight)

Kihon

1. **Sanbontzuki** (B) – **Mae geri** (Sf) – **Gyakutzuki** (S)
2. **Uchi uke** (B) – **Uchi uke** (S)(Gyakuashi) – **Mawashigeri** (Sf) – **Uraken** (S) – **Gyakutzuki** (S)
3. **Age uke** (B)(Gyakuashi) – **Gedan Nagashi uke** (S) – **Mae enpi** (S)(Gyakuashi)
4. **Soto uke** (B)(kokutsudachi) – **Kizamigeri** (S) – **Oizuki** (Sf)
5. **Oizuki** (Sf) – **Tate Shuto uke** (I)(zenkutsudachi) – **Mikazukigeri** (S)
6. **Ushirogeri** (Sf)
7. **Mae geri** (Sf) – **Yokogeri Kekomi** (S) – **Gyakutzuki** (S) (same leg)
8. **Mae geri** (Sf) – **Mawashigeri** (S) – **Gyakutzuki** (S)(same leg)
9. **Mawashigeri Chudan** (Sf) – **Mawashigeri Jodan** (Sf) – **Gyakutzuki** (S)
10. **Shiho Uchiuke** (S) – **Gyakutzuki** (S)

Kata

1. **Junro Yondan**
2. **Tekki Nidan**
3. **Enpi**

Kumite (Jiyu Kumite)

Kobudo (Weapons)

Jo

Kata – **Ichijusan no Jo**

Kumite – **Kumi Jo 4,5,6**

Tachi

Kihon

Sai

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

2. **Kumitachi**

Aikido (Levers & Projections)

Kihon

Tenchi Nage

Judo (Grappling)

Kihon

Gokyo 4 (last 4 waza)

Pil Sung (Fight)

Kata

Hwa rang

Sparring

Drills 7