



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

U.I.K.J. – Yudansha Grading Syllabus



SAN-DAN 3° Dan (3 years)

Karate (Fight)

Kata

1. Tekki Sandan
2. Kanku Sho
3. Bassai Sho
4. Nijushiho
5. Gankaku
6. 3 Kata superior Shoto-Renmei

Bunkai

1. 3 kata superior
2. 2 kata superior Shoto-Renmei

Kumite (Ju kumite)

1. Kumite free (Application)
2. Thesis writing

Teoria

Budo - Thesis writing

Kobudo (Weapons)

Surucin / Hanbo

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

Gokyo3 (Application)

Kendo/Iaido (Sword)

Iaido

1. 6 kata of your choice (Seitei iai / Musoshinden)
2. Thesis writing

Kendo

1. Gigeiko
2. Kata
3. Thesis writing

Self Defence / Krav Maga (Self Defence)

Self Defence / Krav Maga

1. Striking techniques
 - long - medium - short distance
2. Defensive positions: standing or on the ground
3. Technical Impact
 - kick - elbow - knee - fists