



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

U.I.K.J. – Yudansha Grading Syllabus

YO-DAN 4° Dan (4 years)



Karate (Fight)

Kata

1. Unsu
2. Chinte
3. Wankan
4. Meikyo
5. 4 Kata superior Shoto-Renmei

Bunkai

1. 4 kata superior
2. 3 kata superior Shoto-Renmei

Kumite (Ju kumite)

1. Kumite free (Application)
2. Thesis writing

Teoria

Shotokan - Thesis writing

Kobudo (Weapons)

Ieku / Kuwa

1. Khion
2. Kata
3. Kiso Kumite

Kyusho (Vital Points)

Kyusho

Application

Aikido (Levers & Projections)

Aiki jijuwaza

1. Basic techniques
2. Basic techniques (Variation) (with multiple opponents)

Aiki jo

All

Aiki ken

All

Judo (Grappling)

Kihon

Gokyo4 (Application)

Kendo/Iaido (Sword)

Iaido

1. 7 kata of your choice (Seitei iai / Musoshinden)
2. Thesis writing

Kendo

1. Gigeiko
2. Kata
3. Thesis writing

Self Defence / Krav Maga (Difesa personale)

Self Defence / Krav Maga

1. Self-defense techniques in foot
 - front - side - back - to be taken - by strangulation - by clamping
2. Self-defense techniques on the ground
 - overlooked - Anti-rape - side - from behind - from locks - kicks