



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



GOKYU 5° Kyu (6 months)

Karate (Fight)

Kihon

1. **Jodan Oizuki** (B) **Chudan Gyakutzuki** (S)
2. **Age uke** (B) – **Gyakutzuki** (S) - **Mae geri** (S)
3. **Soto uke** (B) – **Gyakutzuki** (S) - **Mae geri** (S)
4. **Uchi uke** (B) – **Gyakutzuki** (S) - **Mae geri** (S)
5. **Gedan barai** (B) – **Gyakutzuki** (S) - **Mae geri** (Sf)
6. **Chudan Moroteuke** (from kokutsudachi) (Sf) – **Gyakutzuki** (zenkutsudachi) (S)
7. **Shuto uke** (Sf) – **Nukite** (S)
8. **Yokogeri keage** (from zenkutsudachi) (Sf)
9. **Yokogeri kekomi** (from zenkutsudachi) (Sf)
10. **Rengeri** (Chudan – Jodan) (Sf)

Kata

1. **Junro Shodan**
2. **Tekki Shodan**
3. **Kanku Dai**

Kumite (Kihon Ippon Kumite)

(ATT) **Jodan - Chudan - Chudan - Chudan – Mae geri**
 (DIF) **Ageuke/Gyakutsuki – Sotouke/Gyakutsuki – Uchiuke/Gyakutsuki** (45° R) - **Shutouke/Nukite** (45° L)
 – **Gedanbarai** kidadachi)/**Gyakutsuki** (zenkutsudachi)
 output required to R

Kobudo (Weapons)

Jo

Suburi (Series 4)

Kata – Sanju no Jo

Kumite – Jo no awase

Kali

Hojoundo

Aikido (Levers & Projections)

Kihon

1. **Sankyo**
2. **Yonkyo**

Judo (Grappling)

Kihon

Gokyo 3 (first 4 waza)

Pil Sung (Fight)

Kata

Yul gok

Sparring

Drills 5/6