



LEGENDA

S = stationary

Sf = step forward

R= right

L= left

Vs = versus

B = Back

U.I.K.J. Grading Syllabus

U.I.K.J. – Grading Syllabus

KYU-KYU 9° Kyu (4 months)



Karate (Fight)

Kihon

Uchi Hachiji Dachi (S)

1. **Choku tsuki** (S)
2. **Age uke** (S)
3. **Soto uke** (S)
4. **Gedan barai** (S)
5. **Oizuki** (Sf)

Zenkutsu dachi (Sf)

6. **Age uke** (Sf)
7. **Soto uke** (Sf)
8. **Gedan barai** (Sf)
9. **Mae geri** (Sf)
10. **Mawatte** (Sf) – **Gedan barai** (S)

Kata

1. **Taikyoku Shodan (Omote e Ura)**
2. **Taikyoku Nidan (Omote e Ura)**
3. **Heian Shodan**

Kumite (Gohon Kumite)

(ATT) Jodan Oizuki

(DIF) Age uke+Gyakutsuki (S) (after the 5th counterattack)

Kamaete (without returning to Age uke)

Kobudo (Weapons)

Jo

1. **Kamae**
2. **Khion**

Bo

Hojoundo

Aikido (Levers & Projections)

Kihon

1. **Kamae**
2. **Seiza**
3. **Shikko**
4. **Waza**

Judo (Grappling)

Kihon

Gokyo 1 (first 4 waza)

Pil Sung (Fight)

Kata

Chon ji

Sparring

Drills 1

U.I.K.J. – Grading Syllabus

HACHIKYU 8° Kyu (6 months)



Karate (Fight)

Kihon

Zenkutsu dachi (Sf)

1. **Oizuki** (Sf)
2. **Age uke** (Sf)
3. **Soto uke** (Sf)
4. **Gedan barai** (Sf)
5. **Gyaku tzuki** (Sf)
6. **Age uke** (Sf) – **Gyaku tzuki** (S)
7. **Soto uke** (Sf) – **Gyaku tzuki** (S)
8. **Mae geri** (Chudan) (Sf)
9. **Shuto uke** (Sf)
10. **Gedan barai** (Sf) – **Tatemawashi Tetsui uchi** (S)

Kata

1. **Taikyoku Sandan** (Omote e Ura)
2. **Taikyoku Yodan** (Omote e Ura)
3. **Heian Nidan**

Kumite (Gohon Kumite)

(ATT) Jodan Oizuki - Chudan Oizuki

(DIF) Age uke – Soto uke/Gyakuzuki(S)

(ATT) Jodan Oizuki - Chudan Oizuki – Chudan Maegeri

(DIF) Age uke – Soto uke – Gedan barai/Gyakuzuki(S)

Kobudo (Weapons)

Jo

Suburi (Series 1)

Bo

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

2. **Kumitachi**

Aikido (Levers & Projections)

Kihon

1. **Kihon**
2. **Hiriki**
3. **Shumatsu**

Judo (Grappling)

Kihon

Gokyo 1 (last 4 waza)

Pil Sung (Fight)

Kata

Dan gun

Sparring

Drills 2/3

U.I.K.J. – Grading Syllabus

NANAKYU 7° Kyu (6 months)



Karate (Fight)

Kihon

1. Jodan Oizuki (Sf)
2. Age uke (Sf) – Gyakutzuki (S)
3. Soto uke (Sf) – Gyakutzuki (S)
4. Gedan barai (Sf) – Gyakutzuki (S)
5. Uchi uke (Sf)
6. Shuto uke (Sf)
7. Mae geri (Jodan) (Sf)
8. Yokogeri keage (from kidadachi) (Sf)
9. Yokogeri kekomi (from kidadachi) (Sf)
10. Uchi uke (S) – Mae geri (Sf) – Gyakutzuki (S)
(Gyakuashi)

Kata

1. Taikyoku Godan (Omote e Ura)
2. Taikyoku Rokudan (Omote e Ura)
3. Heian Sandan

Kumite (Sanbon Kumite)

(ATT) Jodan Oizuki - Chudan Oizuki

(DIF) Age uke – Uchi uke/Gyakuzuki(S)

(ATT) Jodan Oizuki - Chudan Oizuki – Chudan Maegeri

(DIF) Age uke – Soto uke – Gedan barai/Gyakuzuki(S)

Kobudo (Weapons)

Jo

Suburi (Series 2)

Nunchaku

Hojoundo

Aikido (Levers & Projections)

Kihon

1. Shiho Nage
2. Kokyu Ho

Judo (Grappling)

Kihon

Gokyo 2 (first 4 waza)

Pil Sung (Fight)

Kata

Do san

Sparring

Drills 2/3

U.I.K.J. – Grading Syllabus

ROKKYU 6° Kyu (6 months)



Karate (Fight)

Kihon

1. **Jodan Oizuki** (Sf) **Chudan Gyakutzuki** (S)
2. **Age uke** (Sf) – **Gyakutzuki** (S) – **Mae geri** (S)
3. **Soto uke** (Sf) – **Gyakutzuki** (S) – **Mae geri** (S)
4. **Uchi uke** (Sf) – **Gyakutzuki** (S) – **Mae geri** (S)
5. **Gedan barai** (Sf) – **Gyakutzuki** (S) – **Mae geri** (S)
6. **Shuto uke** (Sf)
7. **Mae geri** (Sf) – **Oizuki** (Sf)
8. **Yokogeri keage** (from kidadachi) (Sf)
9. **Yokogeri kekomi** (from kidadachi) (Sf)
10. **Fumikomi** (Sf) – **Enpi uke** (S) – **Sokumen Jodan Uraken uchi** (S)

Kata

1. **Ten no kata** (Omote e Ura)
2. **Heian Yodan**
3. **Heian Godan**

Kumite (Sanbon Kumite)

(ATT) **Chudan Oizuki-Chudan Oizuki-Chudan Maegeri**
(DIF) **Uchi uke-Soto uke-Gedan barai/Gyakuzuki(S)**

(ATT) **Jodan Oizuki - Chudan Oizuki – Chudan Maegeri**
(DIF) **Age uke-Soto uke-Gedan barai/Gyakuzuki(S)**

Kobudo (Weapons)

Jo

Suburi (Series 3)

Kata - Roku no Jo

Nunchaku

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

Aikido (Levers & Projections)

Kihon

1. **Ikkyo**
2. **Nikyo**

Judo (Grappling)

Kihon

Gokyo 2 (last 4 waza)

Pil Sung (Fight)

Kata

Won hyo

Sparring

Drills 4

U.I.K.J. – 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

U.I.K.J. – Grading Syllabus

YONKYU 4° Kyu (6 months)



Karate (Fight)

Kihon

1. **Sanbontzuki** (Sf)
2. **Uchi uke** (B) – **Kizamitzuki** (S) - **Oitzuki** (Sf)
3. **Age uke** (B) – **Yoko enpi** (S) - **Gyakutzuki** (Sf – rotate 180°)
4. **Soto uke** (B) - **Mae geri** (Sf) – **Gyakutzuki** (S)
5. **Jodan Gyakutzuki** (B) – **Chudan Gyakutzuki** (Sf)
6. **Gedan barai** (B) **Mae enpi** (Gyakuashi)
7. **Shuto uke** (Sf) – **Kizamigeri** (S) - **Gyakutzuki** (S)
8. **Mae geri** (Sf) - **Yokogeri kekomi** (Sf)
9. **Mawashigeri** (Sf)
10. **Gedan Jujiuke** (Sf) – **Jodan Uraken uchi** (S) – **Gyakutzuki** (S)

Kata

1. **Junro Nidan**
2. **Kanku Dai**
3. **Bassai Dai**

Kumite (Kihon Ippon Kumite)

(ATT) **Jodan - Chudan – Mae geri – Yokogeri kekomi - Mawashigeri**

(DIF) **Ageuke(vs)Gyakutsuki–Sotouke(vs)Gyakutsuki**

Gedanbarai(vs)Gyakutsuki(45°R or L in zenkutsudachi)

Sotouke (45°)(vs)Gyakutzuki (taisabaki)

Jodan Uchiuke(kibadachi)(vs)Gyakutsuki (zenkutsudachi)

Kobudo (Weapons)

Jo

Suburi (Series 5)

Kata – Sanju no Jo (in pairs)

Kali

Hojoundo

Aikido (Levers & Projections)

Kihon

Irimi

Judo (Grappling)

Kihon

Gokyo 3 (last 4 waza)

Pil Sung (Fight)

Kata

Joong gun

Sparring

Drills 5/6

U.I.K.J. – Grading Syllabus



SANKYU 3° Kyu (8 months)

Karate (Fight)

Kihon

1. **Sanbontzuki** (Sf) - **Oitzuki** (Sf)
2. **Age uke** (B) - **Gedan barai** (S) - **Oizuki** (Sf)
(same arm)
3. **Soto uke** (B) - **Uraken** (S) - **Gyakutzuki** (S)
4. **Uchi uke** (B) - **Kizamitzuki** (S) - **Soto uke** (Sf) -
Ageuke (S) - **Gyakutzuki** (S) (same arm)
5. **Shuto uke** (B) - **Mae geri** (Sf) - **Gedan bari** (S)
(Gyakuashi) - **Jodan Chokutzuki** (S)
6. **Mae geri** (Sf) - **Mawashigeri** (Sf)
7. **Mae geri** (Sf) - **Yokogeri Kekomi** (S) (same leg)
8. **Mae geri** (Sf) - **Mawashigeri** (S) (same leg)
9. **Gedan barai** (B) - **Ageuke** (S) (Gyakuashi) -
Chokutzuki (S)
10. **Shiho Gyakutzuki**

Kata

1. **Junro Sandan**
2. **Bassai Dai**
3. **Jion**

Kumite (Jiyu Ippon Kumite – with parades fundamental)
(ATT) Jodan-Chudan–Maegeri–Yokogeri–Mawashigeri
(DIF) Ageuke(vs)Gyakutsuki
Sotouke(vs)Gyakutsuki

Gedan barai(vs)Gyakutsuki
Sotouke(vs)Gyakutzuki
Jodan Uchiuke(vs)Gyakutsuki

Kobudo (Weapons)

Jo

Kata – Ichijusan no Jo
Kumite – Kumi Jo 1,2,3

Tachi

Kamae

Sai

Hojoundo

Aikido (Levers & Projections)

Kihon

Hiji Jime

Judo (Grappling)

Kihon

Gokyo 4 (first 4 waza)

Pil Sung (Fight)

Kata

Toi gye

Sparring

Drills 7

U.I.K.J. – 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

U.I.K.J. – Grading Syllabus



IKKYU 1° Kyu (12 months)

Karate (Fight)

Kihon

1. **Oizuki** (Sf) – **Shutouke** (B) – **Kizamigeri** (S) – **Ageuke** (S) – **Gyakutzuki** (S)
2. **Kizamizuki** (B) – **Sotouke** (S)(Gyakuashi) – **Gyakutzuki** (Sf) – **Mawashigeri** (Sf)
3. **Jodan Uraken** (B) – **Uchi uke** (S)(Gyakuashi) – **Mae geri** (Sf)
4. **Age uke** (B)– **Jodan Haito** (S) (Gyakuashi) – **Yokogeri Kekomi** (Sf) – **Ushirogeri** (Sf) **Gyakutzuki** (S) (Gyakuashi)
5. **Mae geri** (Sf) – **Uraken** (S) – **Gedan barai** (B) – **Chudan Nukite** (S) (Gyakuashi)
6. **Jodan Mae geri** (Sf) – **Gedan Kekomi** (Sf) – **Uchiuke** (S) – **Mawashigeri** (Sf)
7. **Shuto uke** (Sf)
(turning 180 degrees clockwise or counterclockwise)
8. **Mae geri** (S) – **Yokogeri** (S) – **Ushirogeri** (S)
(In the three directions. Same leg.)
9. **Shiho enpi uchi** (S) (Tate enpi – Mae enpi)
10. **Kime waza** (Sf) (Control of the fist)

Kata

1. **Junro Godan** / 2. **Hangetsu** / 3. **Jiin** / 4. **Jite**

Kumite (Jiyu Kumite)

Kobudo (Weapons)

Jo

Kata – Sanju no Jo (4 directions)

Kumite – Kumi Jo 7,8,9,10

Tachi

Kumitachi (all)

Tonfa

1. **Hojoundo**
2. **Kata (KJD + MATAYOSHI)**
3. **Kumitachi**

Aikido (Levers & Projections)

Kihon

Kote gaeshi

Judo (Grappling)

Kihon

Gokyo 5

Pil Sung (Fight)

Kata

Choong moo

Sparring

Drills 8

U.I.K.J. – Grading Syllabus



SHO-DAN 1° Dan (1 year)

Karate (Fight)

Kata

1. Tekki Shodan
2. Kanku Dai
3. Bassai Dai
4. Jion
5. 1 Kata superior Shoto-Renmei

Bunkai

1. Kata Taikyoku
2. Kata Heian

Kumite (Ju kumite)

1. Preparation techniques to kumite
2. Strategies kumite
3. Kumite free

Arbitraggio

Rule book

Kobudo (Weapons)

Kali

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

Gokyo1 (Application)

Kendo/Iaido (Sword)

Iaido

3 kata of your choice (Seitei iai / Musoshinden)

Self Defence / Krav Maga (Self Defence)

Self Defence / Krav Maga

1. Preparation of basic (physics and psychophysics)
2. Technical fall
 - showing up - accidental
3. Major vulnerable and painful pressure points

U.I.K.J. – 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

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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
 - 3. kick - elbow - knee – fists

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YON-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