



LEGENDA

P =da fermo

Av = in avanti

Dx = destra

Sx = sinistra

Vs = contro

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

U.I.K.J. – Mudansha Grading Syllabus



YONKYU 4° Kyu (6 mesi)

Karate (Combattimento)

Kihon

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

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°dx o sx in zenkutsudachi)

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

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

Kobudo (Armi)

Jo

Suburi (5° SERIE)

Kata – Sanju no Jo (a coppie)

Kali

Hojoundo

Aikido (Leve & Proiezioni)

Kihon

Irimi

Judo (Grappling)

Kihon

Gokyo 3 (ultime 4 waza)

Pil Sung (Combattimento)

Kata

Joong gun

Sparring

Drills 5/6