



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



HACHIKYU 8° Kyu (6 mesi)

Karate (Combattimento)

Kihon

Zenkutsu dachi (Av)

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

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(P)

(ATT) Jodan Oizuki - Chudan Oizuki – Chudan Maegeri

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

Kobudo (Armi)

Jo

Suburi (1° SERIE)

Bo

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

Aikido (Leve & Proiezioni)

Kihon

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

Judo (Grappling)

Kihon

Gokyo 1 (ultime 4 waza)

Pil Sung (Combattimento)

Kata

Dan gun

Sparring

Drills 2/3