



LEGENDA

P =da fermo

Av = in avanti

Dx = destra

Sx = sinistra

Vs = contro

U.I.K.J. Grading Syllabus

U.I.K.J. – Grading Syllabus



KYU-KYU 9° Kyu (4 mesi)

Karate (Combattimento)

Kihon

Uchi Hachiji Dachi (P)

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

Zenkutsu dachi (Av)

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

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 (P) (dopo il 5° contrattacco)

Kamaete (senza tornare in Age uke)

Kobudo (Armi)

Jo

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

Bo

Hojoundo

Aikido (Leve & Proiezioni)

Kihon

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

Judo (Grappling)

Kihon

Gokyo 1 (prime 4 waza)

Pil Sung (Combattimento)

Kata

Chon ji

Sparring

Drills 1

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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. Kunitachi

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

U.I.K.J. – Grading Syllabus

NANAKYU 7° Kyu (6 mesi)



Karate (Combattimento)

Kihon

1. **Jodan Oizuki** (Av)
2. **Age uke** (Av) – **Gyakutzuki** (P)
3. **Soto uke** (Av) – **Gyakutzuki** (P)
4. **Gedan barai** (Av) – **Gyakutzuki** (P)
5. **Uchi uke** (Av)
6. **Shuto uke** (Av)
7. **Mae geri** (Jodan) (Av)
8. **Yokogeri keage** (da kidadachi) (Av)
9. **Yokogeri kekomi** (da kidadachi) (Av)
10. **Uchi uke** (P) – **Mae geri** (Av) – **Gyakutzuki** (P)
(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(P)

(ATT) Jodan Oizuki - Chudan Oizuki – Chudan Maegeri

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

Kobudo (Armi)

Jo

Suburi (2° SERIE)

Nunchaku

Hojundo

Aikido (Leve & Proiezioni)

Kihon

1. **Shiho Nage**
2. **Kokyu Ho**

Judo (Grappling)

Kihon

Gokyo 2 (prime 4 waza)

Pil Sung (Combattimento)

Kata

Do san

Sparring

Drills 2/3

U.I.K.J. – Grading Syllabus

ROKKYU 6° Kyu (6 mesi)



Karate (Combattimento)

Kihon

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

Kata

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

Kumite (Sanhon Kumite)

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

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

Kobudo (Armi)

Jo

Suburi (3° SERIE)

Kata - Roku no Jo

Nunchaku

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

Aikido (Leve & Proiezioni)

Kihon

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

Judo (Grappling)

Kihon

Gokyo 2 (ultime 4 waza)

Pil Sung (Combattimento)

Kata

Won hyo

Sparring

Drills 4

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GOKYU 5° Kyu (6 mesi)

Karate (Combattimento)

Kihon

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

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° a dx) - Shutouke/Nukite (45° a sx) –

Gedanbarai kibandachi)/Gyakutsuki

(zenkutsudachi) con uscita obbligatoria a dx

Kobudo (Armi)

Jo

Suburi (4° SERIE)

Kata – Sanju no Jo

Kumite – Jo no awase

Kali

Hojoundo

Aikido (Leve & Proiezioni)

Kihon

1. Sankyo
2. Yonkyo

Judo (Grappling)

Kihon

Gokyo 3 (prime 4 waza)

Pil Sung (Combattimento)

Kata

Yul gok

Sparring

Drills 5/6