



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

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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

Hojoundo

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

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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

U.I.K.J. – 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

U.I.K.J. – Grading Syllabus



SANKYU 3° Kyu (8 mesi)

Karate (Combattimento)

Kihon

1. **Sanbontzuki** (Av) - **Oitzuki** (Av)
2. **Age uke** (I) - **Gedan barai** (P) - **Oizuki** (Av)
(stesso braccio)
3. **Soto uke** (I) - **Uraken** (P) - **Gyakutzuki** (P)
4. **Uchi uke** (I) - **Kizamitzuki** (P) - **Soto uke** (Av) -
Ageuke (P) - **Gyakutzuki** (P) (stesso braccio)
5. **Shuto uke** (I) - **Mae geri** (Av) - **Gedan bari** (P)
(Gyakuashi) - **Jodan Chokutzuki** (P)
6. **Mae geri** (Av) - **Mawashigeri** (Av)
7. **Mae geri** (Av) - **Yokogeri Kekomi** (P) (stessa gamba)
8. **Mae geri** (Av) - **Mawashigeri** (P) (stessa gamba)
9. **Gedan barai** (I) - **Ageuke** (P) (Gyakuashi) -
Chokutzuki (P)
10. **Shiho Gyakutzuki**

Kata

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

Kumite (Jiyu Ippon Kumite – con parate fondamentali)

(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 (Armi)

Jo

Kata – Ichijusan no Jo

Kumite – Kumi Jo 1,2,3

Tachi

Kamae

Sai

Hojoundo

Aikido (Leve & Proiezioni)

Kihon

Hiji Jime

Judo (Grappling)

Kihon

Gokyo 4 (prime 4 waza)

Pil Sung (Combattimento)

Kata

Toi gye

Sparring

Drills 7

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NIKYU 2° Kyu (8 mesi)

Karate (Combattimento)

Kihon

1. **Sanbontzuki** (I) – **Mae geri** (Av) – **Gyakutzuki** (P)
2. **Uchi uke** (I) – **Uchi uke** (P)(Gyakuashi) – **Mawashigeri** (Av) – **Uraken** (P) – **Gyakutzuki** (P)
3. **Age uke** (I))(Gyakuashi) – **Gedan Nagashi uke** (P) – **Mae enpi** (P))(Gyakuashi)
4. **Soto uke** (I))(kokutsudachi) – **Kizamigeri** (P) – **Oizuki** (Av)
5. **Oizuki** (Av) – **Tate Shuto uke** (I)(zenkutsudachi) – **Mikazukigeri** (P)
6. **Ushirogeri** (Av)
7. **Mae geri** (Av) – **Yokogeri Kekomi** (P) – **Gyakutzuki** (P) (stessa gamba)
8. **Mae geri** (Av) – **Mawashigeri** (P) – **Gyakutzuki** (P)(stessa gamba)
9. **Mawashigeri Chudan** (Av) – **Mawashigeri Jodan** (Av) – **Gyakutzuki** (P)
10. **Shiho Uchiuke** (P) – **Gyakutzuki** (P)

Kata

1. **Junro Yondan**
2. **Tekki Nidan**
3. **Enpi**

Kumite (Jiyu Kumite)

Kobudo (Armi)

Jo

Kata – **Ichijusan no Jo**

Kumite – **Kumi Jo 4,5,6**

Tachi

Kihon

Sai

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

2. **Kumitachi**

Aikido (Leve & Proiezioni)

Kihon

Tenchi Nage

Judo (Grappling)

Kihon

Gokyo 4 (ultime 4 waza)

Pil Sung (Combattimento)

Kata

Hwa rang

Sparring

Drills 7

U.I.K.J. – Grading Syllabus

IKKYU 1° Kyu (12 mesi)



Karate (Combattimento)

Kihon

1. **Oizuki** (Av) – **Shutouke** (I) – **Kizamigeri** (P) – **Ageuke** (P) – **Gyakutzuki** (P)
2. **Kizamizuki** (I) – **Sotouke** (P)(Gyakuashi) – **Gyakutzuki** (Av) – **Mawashigeri** (Av)
3. **Jodan Uraken** (I) – **Uchi uke** (P)(Gyakuashi) – **Mae geri** (Av)
4. **Age uke** (I) – **Jodan Haito** (P) (Gyakuashi) – **Yokogeri Kekomi** (Av) – **Ushirogeri** (Av) **Gyakutzuki** (P) (Gyakuashi)
5. **Mae geri** (Av) – **Uraken** (P) – **Gedan barai** (I) – **Chudan Nukite** (P) (Gyakuashi)
6. **Jodan Mae geri** (Av) – **Gedan Kekomi** (Av) – **Uchiuke** (P) – **Mawashigeri** (Av)
7. **Shuto uke** (Av)
(ruotando di 180° in senso orario o antiorario)
8. **Mae geri** (P) – **Yokogeri** (P) – **Ushirogeri** (P)
(Nelle tre direzioni. Stessa gamba.)
9. **Shiho enpi uchi** (P) (Tate enpi – Mae enpi)
10. **Kime waza** (Av) (Controllo del pugno)

Kata

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

Kumite (Jiyu Kumite)

Kobudo (Armi)

Jo

Kata – Sanju no Jo (4 direzioni)

Kumite – Kumi Jo 7,8,9,10

Tachi

Kumitachi (tutti)

Tonfa

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

Aikido (Leve & Proiezioni)

Kihon

Kote gaeshi

Judo (Grappling)

Kihon

Gokyo 5

Pil Sung (Combattimento)

Kata

Choong moo

Sparring

Drills 8

U.I.K.J. – Grading Syllabus

SHO-DAN 1° Dan (1 anno)



Karate (Combattimento)

Kata

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

Bunkai

1. Kata Taikyoku
2. Kata Heian

Kumite (Ju kumite)

1. Tecniche di preparazione al kumite
2. Strategie del kumite
3. Kumite libero

Arbitraggio

Regolamento

Kobudo (Armi)

Kali

1. Khion
2. Kata
3. Kiso Kumite

Aikido (Leve & Proiezioni)

Aiki jijuwaza

1. Tecniche di base
2. Variazioni sulle tecniche di base

Aiki jo

Tutto

Aiki ken

Tutto

Judo (Grappling)

Kihon

Applicazione del Gokyo1

Kendo/Iaido (Spada)

Iaido

3 kata a scelta (Seitei iai / Musoshinden)

Self Defence / Krav Maga (Difesa personale)

Self Defence / Krav Maga

1. Preparazione fisica di base e psicofisica specifica
2. Tecniche di caduta
 - su proiezione - accidentali
3. Principali punti vulnerabili e pressioni dolorose