



**U.I.K.J. Grading Syllabus  
(Yudansha)**

## 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 jjuwaza**

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 jjuwaza**

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**

## U.I.K.J. – Grading Syllabus

**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 jiuwaza**

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

## U.I.K.J. – Grading Syllabus



**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

## U.I.K.J. – Grading Syllabus

**GO-DAN 5° Dan** (5 years)



**Karate** (Fight)

### **Kata**

1. **Gojushiho Dai**
2. **Gojushiho Sho**
3. **Sochin**
4. **5 Kata superior Shoto-Renmei**

### **Bunkai**

1. **5 kata superior**
2. **4 kata superior Shoto-Renmei**

**Kumite** (Ju kumite)

1. **Kumite free (Application)**
2. **Thesis writing**

### **Teoria**

**Shoto-Renmei - Thesis writing**

**Kobudo** (Weapons)

### **Tessen / Timbei**

1. **Khion**
2. **Kata**
3. **Kiso Kumite**

**Kyusho** (Vital Points)

### **Kyusho**

**Application**

**Aikido** (Levers & Projections)

### **Aiki jjuwaza**

1. **Basic techniques**
2. **Basic techniques (Variation)** (with multiple opponents)

### **Aiki jo**

All

### **Aiki ken**

All

**Judo** (Grappling)

### **Kihon**

**Gokyo5 (Application)**

**Kendo/Iaido** (Sword)

### **Iaido**

1. **12 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. Defense techniques with weapons**

- stick - knife - a firearm - against more attacks by one person or more

#### **2. Using common objects for self-defense**

#### **3. Simulation of attacks**