



LEGENDA

S = stationary

Sf = step forward

R= right

L= left

Vs = versus

B = Back

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

U.I.K.J. – Mudansha Grading Syllabus

KYU-KYU 9° Kyu (4 months)



Karate (Fight)

Kihon

Uchi Hachiji Dachi (S)

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

Zenkutsu dachi (Sf)

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

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 (S) (after the 5th counterattack)

Kamaete (without returning to Age uke)

Kobudo (Weapons)

Jo

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

Bo

Hojoundo

Aikido (Levers & Projections)

Kihon

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

Judo (Grappling)

Kihon

Gokyo 1 (first 4 waza)

Pil Sung (Fight)

Kata

Chon ji

Sparring

Drills 1