



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



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