



### 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



**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**