



*Ulster Karate-Do  
Federation*

## ***ULSTER KARATE-DO FEDERATION***

President: Dr. Columba McLaughlin 6<sup>th</sup> Dan

Chairman: Mr. Martin McCole 2<sup>nd</sup> Dan

Secretary: Paul Taylor 2<sup>nd</sup> Dan

Assistant Treasurer: Mr. Denis Donaghey 4<sup>th</sup> Dan

Senior Coach: Shawn Barron 5<sup>th</sup> Dan



*World Union of  
Karate-Do Federations*

### **1<sup>st</sup> Dan Grading Syllabus**

All candidates must meet the relevant criteria for 1<sup>st</sup> Dan Grade and, since their last Kyu Grading they must have good attendance at training and a good competition record at Local level. The UKF may, in exceptional circumstances, award the rank of 1<sup>st</sup> Dan to candidates of 50 years of age or more, where the candidate has trained regularly and has contributed a lot to the development and promotion of the UKF and its members. For all others, a grading will consist of the following:

### **Physical Fitness Examination**

The candidate expected to attend a UKF Squad Training session in the week before their grading and to successfully complete a 3 mile run / jog; and 75 press ups, 75 squats, 100 sit ups, 3 minutes pad work (punches), 3 minutes bag work (kicks).

### **Technical Examination**

#### **KIHON, TSUKI & KERI**

- |                                |                          |
|--------------------------------|--------------------------|
| 1. Kette Junzuki               | 5. Mawashigeri Jodan     |
| 2. Kette Gyakuzuki             | 6. Ushirogeri Chudan     |
| 3. Kette Junzuki no Tsukkomi   | 7. Surikomi Sokuto Jodan |
| 4. Kette Gyakuzuki no Tsukkomi | 8. Nidan Geri Jodan      |

#### **RENRAKU WAZA**

1. Zenshinshite Jodan, Renzuki Chudan, Maegeri Chudan, Nagashizuki Jodan, Gyakuzuki Chudan, Mawashigeri Chudan.
2. Surikomi Jodan Tsuki, Renzuki Chudan, Surikomi Maegeri Chudan, Mawashigeri Jodan, Ushirogeri Chudan, Uraken Jodan, Gyakuzuki Chudan.
3. Any combination of five (5) kicks ending with gyakuzuki.

#### **SANBON GUMITE**

**Soto Uke & Uchi Uke**

Jodan Uke 2, 3, 4

Maegeri Uke 2, 4, 6

#### **Ohyo Gumite**

4, 6, 8

#### **Kihon Gumite**

1, 7, 8

#### **KATA**

1. Any Pinan chosen by Committee,
2. Chinto,
3. Bassai

#### **Ji Yu Kumite**

The Ulster Karate-Do Federation is a member of Karate Ireland, the Irish Martial Arts Commission and the World Union of Karate-Do Federations.  
Website: [www.ukf-karate.com](http://www.ukf-karate.com) Email: [ukf-karate@hotmail.com](mailto:ukf-karate@hotmail.com)