



Ulster Karate-Do
Federation

ULSTER KARATE-DO FEDERATION

President: Dr. Columba McLaughlin 6th Dan
Chairman: Mr. Martin McCole 2nd Dan
Secretary: Mr. Paul Taylor 2nd Dan
Assistant Treasurer: Mr. Denis Donaghey 4th Dan
Senior Coach: Shawn Barron 5th Dan



World Union of
Karate-Do Federations

2nd Dan Grade Examination Syllabus

All candidates must meet the relevant criteria for 2nd Dan Grade and, since their 1st Dan Grade Examination they must have had a good attendance at club training and at UKF courses and have established a reputation at Local and National level. The UKF may, in exceptional circumstances, award the rank of 2nd Dan to candidates of 55 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 is expected to attend a UKF Squad Training session in the week before their grade examination 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. Surikomi Mawashigeri Jodan |
| 2. Kette Gyakuzuki | 6. Mawashigeri Jodan |
| 3. Kette Junzuki no Tsukkomi | 7. Ushirogeri Chudan |
| 4. Kette Gyakuzuki no Tsukkomi | 8. Surikomi Sokuto Jodan |

RENRAKU WAZA

1. Zenshinshite Jodan Renzuki Chudan, Maegeri Chudan, Nagashizuki Jodan, Mawashigeri Jodan, Gyakuzuki Chudan.
2. Surikomi Jodan Tsuki Renzuki Chudan, Surikomi Maegeri Chudan, Mawashigeri Jodan, Ushirogeri Chudan, Uraken Jodan, Gyakuzuki Chudan.
3. A combination of SIX KICKS ending with a Gyakuzuki Chudan

SANBON GUMITE

Soto Uke & Uchi Uke
Jodan Uke 1, 2, 3, 4
Maegeri Uke 1, 3, 4, 5

OHYO GUMITE

1, 3, 5, 7

KIHON GUMITE

2, 3, 4, 9

KATA

1. Any Pinan, 2. Wanshu, 3. Seishan, 4. Jion

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 Email: ukf-karate@hotmail.com