



*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*

3rd Dan Black Belt Grade Examination Syllabus

All candidates must meet the relevant criteria for 3rd Dan Grade and, since their 2nd Dan Grading they must have an exceptional Karate record at Local, National and International level. This must be clearly highlighted in their application form. For candidates of 55 years of age or more, the UKF may award the rank of 3rd Dan. Only in very exceptional circumstances will a candidate who is under 55 years of age, be awarded 3rd Dan Grade or higher. If a grading examination is warranted, it will consist of the following:

Physical Fitness Examination

The candidate expected to attend a UKF Kyu or 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

1. SANBON GUMITE

Jodan Uke Any 2 of the Head Blocks in attack and defence
Maegeri Uke Any 3 of the Kick Defences in attack and defence

2. OHYO GUMITE

Any 5 Ohyo Gumite in attack and defence

3. KIHON GUMITE

Any 5 Kihon Gumite in attack and defence

4. SELF DEFENCE

The candidate must demonstrate competence in 5 prescribed Self Defence Techniques.

5. KATA

1 Kata from the Shitei Kata List - chosen by the Grading panel
2 Kata from the Sentai Kata List - chosen by the candidate
2 Kata from the remaining 5 Kata - chosen by the candidate