



*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*

### **4<sup>th</sup> Dan Black Belt and Higher Grade Examination Syllabus**

All candidates must meet the relevant criteria for the Dan Grade they are applying for and, since their last 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 4<sup>th</sup> Dan or higher. Only in very exceptional circumstances will a candidate who is under 55 years of age, be awarded high Dan Grade without a grading examination. If a grading examination is warranted it will consist of the following:

#### **Physical Fitness Examination**

The candidate is expected to attend a UKF Kyu or Squad Training session in the week before their grading and to successfully complete a 1 mile run / jog; and 50 press ups, 50 squats, 50 sit ups, 2 minutes of pad work (punches), 2 minutes of bag work (kicks).

#### **Technical Examination**

1. **SANBON GUMITE**

Jodan Uke	2 of the Head Blocks	-	Chosen by the Grading Panel
Maegeri Uke	3 of the Kick Defences	-	Chosen by the Grading Panel
  
2. **PINAN KATA:** Any 2 Pinan Kata chosen by the Grading Panel  
(Pinan Nidan, Shodan, Sandan, Yondan, and Godan)
  
3. **OHYO GUMITE** Any 5 Ohyo Gumite chosen by the Grading Panel
  
4. **SENTAI KATA:** Any 2 Sentai Kata chosen by the Grading Panel  
(Kushanku, Niseishi, Jion, Passai and Jitte)
  
5. **KIHON GUMITE** Any 5 Kihon Gumite chosen by the Grading Panel
  
6. **TOKUI KATA** Any 2 Tokui Kata chosen by the Grading Panel  
(Chinto, Naihanchi, Rohai, Wanshu, and Seishan)
  
7. **SELF DEFENCE** The candidate must demonstrate competence in 5  
Self-Defence Techniques either prescribed or self taught and  
demonstrate the applications at speed and also in slowed version.

The Ulster Karate-Do Federation is a member of Karate Ireland, the Irish Martial Arts Commission and the World Union of Karate-Do Federations.  
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