Ulster Karate-Do FeDeration

President: Dr. Columba McLaughlin 5th Dan
Chairman: Mr. Martin McCole 2nd Dan
Secretary: Ms. Tracey McBrearty 2nd Dan
Women's Officer: Ms. Mary Doherty 4th Dan
Coaches: Shawn Barron 5th Dan and Dermott McLaughlin 4th Dan

Ulster Karate-Do Federation

World Union of Karate-Do Federations

4th 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 4th 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.**