



Ulster Karate-Do  
Federation

## *Ulster Karate-Do Federation*



World Union of Karate-Do  
Federations

# *Criteria for Grading in the Ulster Karate-Do Federation*

A) **Ulster Karate-Do Federation Technical Committee – General Regulations**

1. All belt gradings will be carried out by Examiners who are authorised by the Ulster Karate-Do Federation Technical Committee as competent to do so.

**The regulations governing the Ulster Karate-Do Federation Technical Committee are specified in the Constitution and Rules of the UKF. However, in brief, the UKF Technical Committee shall:**

2. consist of an uneven number of senior grades, with a maximum of 7, who are members of the UKF and have achieved the rank of 4th Dan or above;
3. in addition, the committee may appoint and dismiss any external advisors or examiners of 4<sup>th</sup> Dan or above;
4. decide the Grading Syllabus for each Kyu and Dan Grading within the UKF;
5. decide at what level UKF club coaches can grade to;
6. decide the criteria necessary that merits the awarding of any Grade;
7. when necessary, appoint a panel to grade karate-ka attempting 3<sup>rd</sup> Kyu and above;
8. award grades, including Dan Grades to individuals who, in its opinion, have achieved much in their own efforts and have done much in promoting and developing the practice of Karate-Do at Local, National and International levels. This will include individuals who are not members of the Ulster Karate-Do Federation.

## **B) Authorisation to Grade Students**

1. Belt Grades will only be recognised by the UKF Technical Committee and recorded by the UKF Licensing Officer when the examiner(s) doing the grading is/are authorised to do so by the UKF Technical Committee.
2. Before grading students, all coaches / examiners must have achieved Nidan (2<sup>nd</sup> Dan).
3. All coaches must apply to the UKF Technical Committee regarding their grading capabilities.
4. Coaches who are over 18 years of age and who have gained Shodan (1<sup>st</sup> Dan) may gain experience by being invited to sit on a panel with more senior UKF karate-ka to examine and grade students attempting 9<sup>th</sup> Kyu to 4<sup>th</sup> Kyu.
5. Coaches who have attained Nidan (2<sup>nd</sup> Dan) and who have trained for 3 years, without absences, following their 1st Dan grading may request from the UKF Technical Committee to be allowed to grade up to and including 4th Kyu.
6. The Ulster Karate-Do Federation Technical committee will appoint a panel to grade all those students who are attempting 3rd Kyu to 3<sup>rd</sup> Dan.
7. Karate-Ka grading 4<sup>th</sup> Dan or above can choose either i) that the UKF appoints a panel or ii) they themselves will choose a panel consisting of UKF Senior Graded Karate-Ka from Full and Associate members and the panel can include senior graded external karate-ka who are non-UKF members. However, UKF Senior Grades from Full or Associate members must constitute the majority on any such panel.
8. **Brown Belt Gradings (3<sup>rd</sup> Kyu to 1<sup>st</sup> Kyu)**: a grading committee will consist of a maximum of 3 examiners of which 1 is a UKF Technical Committee member and 2 coaches of at least 2<sup>nd</sup> Dan grade appointed by the UKF Technical Committee.

**9. Black Belt Gradings (1<sup>st</sup> Dan and above):** a panel for all Dan Gradings will consist of a maximum of 5 examiners who have attained a minimum of 3<sup>rd</sup> Dan. The Chairman of the grading panel will be the UKF's highest graded karate-ka on the panel. The following shall apply:

**10. Time limits between Dan Gradings:** There is a specified time period between each Dan grading. **However, the candidate should not expect advancement without commitment.** Advancement to a higher grade is not automatic and no one can advance to a higher Dan Grading unless they have met the prescribed criteria and, if requested by the UKF Technical Committee, passed the grading examination. The minimum time period between each Dan Grading is normally: 1<sup>st</sup> Dan to 2<sup>nd</sup> Dan (2 Years), 2<sup>nd</sup> Dan to 3<sup>rd</sup> Dan (3 Years), 3<sup>rd</sup> Dan to 4<sup>th</sup> Dan (4 Years), 4<sup>th</sup> Dan to 5<sup>th</sup> Dan (5 Years); 5<sup>th</sup> Dan to 6<sup>th</sup> Dan (6 Years), 6<sup>th</sup> to 7<sup>th</sup> Dan (7 Years), 7<sup>th</sup> to 8<sup>th</sup> Dan (8 Years) and so on.

The UKF Technical committee can at its discretion waive these time limits in a case where the candidate has an exceptional Local, National and International profile of achievement in Refereeing, Competition, or Coaching. However, in the case of a candidate considering 4th Dan or above, such a waiver would be allowed only once.

**C) Compulsory Requirements for students attempting 9<sup>th</sup> Kyu to 4<sup>th</sup> Kyu**

1. Each student must have an up to date Karate Licence. Out of date Licences of students who are UKF members or belong to a club in Full Membership of the UKF will have their renewals backdated to the previous renewal date prior to the grading. It is the responsibility of Associate Members to ensure that licences from their members are up to date.
2. All students will be required to train for a minimum time period between each grade. The minimum numbers of hours are mandatory but there must be at least the minimum number of months between each grading. The number of months between each grading is to give the student adequate experience at that grade. All time periods are exclusive of absences. It is recommended that for 9<sup>th</sup> Kyu to 4<sup>th</sup> Kyu a student should train for a minimum of 4 hours per week (for example 2 X 2 hour training sessions) and for Brown Belt (3<sup>rd</sup> Kyu – 1<sup>st</sup> Kyu) a minimum of 8 hours per week. Students who are keen or committed can gain valuable experience by training in other UKF clubs.

**While some students may take a long time to achieve the minimum hours of training, the following list is the minimum time limit between each Kyu grade:**

<u>Grade</u>	<u>Belt</u>	<u>Minimum months between each grading</u>	<u>Minimum Hours between each grade</u>
9th Kyu	Red	3	48
8th Kyu	Yellow	3	48
7th Kyu	Orange	3	48
6th Kyu	Green	3	48
5th Kyu	Blue	3	48
4th Kyu	Purple	3	48

3. Where a student shows exceptional ability, when attempting 9<sup>th</sup> Kyu to 4<sup>th</sup> Kyu, he or she may receive an upgrade by the examiner to the next higher grade. The examiner must be at least Nidan (2<sup>nd</sup> Dan) and must give a valid reason for their decision when requested by the UKF Technical Committee. However, those attempting 3<sup>rd</sup> Kyu to 1<sup>st</sup> Kyu can only be upgraded on the authorisation of 2 members of the UKF Technical Committee.
4. Students attempting 9<sup>th</sup> Kyu to 4<sup>th</sup> Kyu will be allowed to grade in their own club by their club Coach if their coach has achieved Nidan (2<sup>nd</sup> Dan) and has been authorised by the UKF Technical committee to do so.
5.
  - i) All students under 13 years of age attempting under 9<sup>th</sup> Kyu to 4<sup>th</sup> Kyu will be expected to know but are not expected to perform Uke or Ohyo for their gradings.
  - ii) All students under 13 years of age attempting 9<sup>th</sup> Kyu to 4<sup>th</sup> Kyu will be expected to know and perform all kata up to the grade they are attempting.
  - iii) All students under 13 years of age attempting 3<sup>rd</sup> Kyu to 1<sup>st</sup> Kyu will be expected to perform Uke, Ohyo and Kihon as specified in **Appendix 1 in the UKF Kyu Grading Syllabus** - see [www.ukf-karate.com](http://www.ukf-karate.com) and click on **Grading Info**.
6. All Junior students aged 13 – 17 years of age attempting 7<sup>th</sup> Kyu to 4<sup>th</sup> Kyu will be expected to perform Uke, Ohyo, and Kihon as specified in **Appendix 1 in the UKF Kyu Grading Syllabus** - see [www.ukf-karate.com](http://www.ukf-karate.com) and click on **Grading Info**.

**D) Compulsory Requirements for students attempting 3<sup>rd</sup> Kyu to 1<sup>st</sup> Dan**

1. Each student must have an up to date Karate Licence. Late renewals will be backdated to the previous renewal date prior to the grading.
2. Students must be a member of a designated UKF club and be recommended for the grading by their coach who should verify the students training record and validate their previous grading history.
3. The student must submit a signed written application to the UKF technical Committee for each brown belt grading grade. This application must also be signed by their club coach; the student (aged 18+) and the Parent / Guardian if under 18.
4. **3<sup>rd</sup> Kyu to 1<sup>st</sup> Kyu Brown Belt Grading:** Prior to the grading the student must have trained, for a minimum period of 6 months in preparation for each of 3<sup>rd</sup> Kyu, 2<sup>nd</sup> Kyu and 1<sup>st</sup> Kyu grades. Where a student shows an exceptional standard in commitment and in technique, the UKF Technical Committee can waive these time recommendations.
5. **1<sup>st</sup> Dan Grading:** The student must give at least 9 months written notice to the UKF Technical Committee of the student's intention to grade 1<sup>st</sup> Dan. This application must be supported by the student's coach.

<u>Grade</u>	<u>Belt</u>	<u>Minimum months</u> <u>Between each grading</u>	<u>Minimum Hours</u> <u>between each grade</u>
3rd Kyu	Brown	6	96
2nd Kyu	Brown	6	96
1st Kyu	Brown	6*	96
1 <sup>st</sup> Dan	Black	9*	146

\* Can be waived by the UKF Technical Committee in exceptional circumstances.

6. All candidates for 3<sup>rd</sup> Kyu to 1<sup>st</sup> Dan, who are aged 13 years and over must attend all UKF training courses and have a history of extra training in other UKF clubs. The student's commitment to training is a major criterion.
7. In the case of (absentee) UKF students who live outside the geographical jurisdiction of the UKF, the candidate must still meet the required criteria and have a history of regularly training with a reputable karate coach. Details regarding the candidate's training and achievements will be sought from this coach prior to the grading.
8. Junior students (13 – 17 years of age) attempting 3<sup>rd</sup> Kyu to 1<sup>st</sup> Kyu will be expected to perform Uke, Ohyo, and Kihon as specified in **Appendix 1 in the UKF Kyu Grading Syllabus** - see [www.ukf-karate.com](http://www.ukf-karate.com) and click on **Grading Info**.
9. All children (aged under 18 years) attempting 1<sup>st</sup> Dan will be required to do the full syllabus for that grading.

**E) Process for applying for 1<sup>st</sup> Dan to 3<sup>rd</sup> Dan Grade**

1. For those applying for 1<sup>st</sup> Dan to 3<sup>rd</sup> Dan the candidate must first discuss their application with their club coach. The club coach must ensure that the criteria for that Dan Grade examination are met.
2. All applications must be in writing and the appropriate form completed.
3. The completed form and the relevant administration fee must be sent to the UKF Chairman who will review the application to see if it meets the specific criteria for that Dan Grade. If the application meets the criteria, the Chairman will inform the UKF Technical Committee who will convene to discuss the application and make a recommendation regarding a Dan Grade Examination.
4. A member of the UKF Technical Committee can recommend to the UKF Chairman that a UKF member be awarded 1<sup>st</sup> Dan or 2<sup>nd</sup> Dan on the basis of their Training, Commitment and Input to the development and promotion of the UKF at Local and

National levels. The UKF Chairman will consider the merits of the application and decide whether to request the UKF Technical to convene to discuss the proposal.

5. In all cases, the UKF Technical Committee will decide on whether a Dan Grade examination should be held or the Dan Grade is awarded.

**F) Compulsory Requirements Prior to 1st Dan Grading**

*The Grading Criteria and Syllabus for 1st Dan is not static and liable to change each year. Therefore, it is in the student's best interest that they give one year's written notice of their intention to grade 1st Dan and to apply for a copy of the current 1st Dan Grading syllabus and the required criteria. Prior to 1<sup>st</sup> Dan grading all candidates must:*

1. be recommended by their coach and given at least 9 months written notice of their intention to grade 1st Dan to the UKF Chairman and the UKF Technical Committee;
2. have an up to date UKF Licence. Late renewals will be backdated to the previous renewal date prior to the grading.
3. have trained at least 9 months without absences under supervision with their club Coach in their own club since their 1<sup>st</sup> Kyu grading and have trained in all of the UKF's Kumite or Kata courses since their 1<sup>st</sup> Kyu grading;
4. be physically fit for the grading and will, if under 50 years of age, be expected to complete the following workout in a 90 minute period in the week before the grading: a 3 mile run / jog; 75 press ups, 75 squats, 100 sit ups, 3 minutes pad work (punches), 3 minutes bag work (kicks);
5. have participated in at least 2 UKF referees' courses since they achieved Brown Belt (3<sup>rd</sup> Kyu) Grade (Applicable to those aged 15 and over);
6. have attended and trained in 90% of all Senior Kyu and Squad training sessions in the 2 years prior to their 1st Dan grading;

7. be a member of the UKF Squad (Not applicable in those over 50 years of age or those who have a medical condition preventing such participation);

8a. Have competed in either Kumite or Kata or both in 2 UKF Tournaments since their 3rd Kyu grading.

**OR**

8b. In students aged 18 years and over, who are not eligible to compete in Kumite or Kata due to a medical condition, it is expected that they will have participated in two UKF referee's courses and have assisted with judging / refereeing in at least two 2 UKF tournaments in the year prior to their 1st Dan grading.

9. In the case of (absentee) UKF students who live outside the geographical jurisdiction of the UKF, the candidate must still meet the above required criteria and have a history of regularly training with a reputable karate coach. Details regarding the candidate's training and achievements will be sought from this coach prior to grading by the UKF Technical Committee.

10. The Chairperson for a UKF 1<sup>st</sup> Dan grading examination panel will be the highest graded UKF Dan Grade.

11. In the case of a candidate aged 55 or over who meets the criteria and has shown considerable commitment to the development and ideals of the UKF, the UKF Technical Committee may award the Rank of 1<sup>st</sup> Dan to the candidate.

**G) Compulsory Requirements Prior to 2nd Dan Grading**

*Before applying to the UKF Technical Committee to attempt 2<sup>nd</sup> Dan grading, all candidates must:*

1. be recommended by their club coach and given 1 year's notice of their intention to grade 2<sup>nd</sup> Dan;
2. submit a written application form to the UKF Chairman who will forward it to the Technical Committee meeting convened to consider their application. This application must detail their achievements in karate-do since their 1<sup>st</sup> Dan grading. Failure to achieve the required criteria will result in their application being rejected until the required criteria has been achieved;
3. have trained without absences for a minimum of 2 years since their 1st Dan grading and they must give an account of what they did and achieved in the 2 years prior to their 2<sup>nd</sup> Dan grading;
4. have an up to date UKF Licence and have renewed their UKF licence for 3 years prior to their 2<sup>nd</sup> Dan grading. Late renewals will be backdated to the previous renewal date prior to the grading;
5. be physically fit for the grading and will, if under 55 years of age, be expected to complete the following workout in a 90 minute period at a UKF Squad training session in the week before the grading: a 3 mile run / jog; 100 press ups, 100 squats, 100 sit ups, 3 minutes pad work (punches), 3 minutes bag work (kicks);
6. have attended and participated in all of the UKF's Kumite and Kata courses since their 1st Dan grading (excluding the course they graded 1<sup>st</sup> Dan in);
7. have attended and trained in 90% of all UKF Senior Kyu and Squad training sessions in the 2 years prior to their 2<sup>nd</sup> Dan grading;

8. have participated in and completed 2 full UKF referees' courses since their 1<sup>st</sup> Dan grading;
9. have, since their 1<sup>st</sup> Dan Grading, attended UKF courses including First Aid, Child Protection and Health and Safety;
10. have, since their 1<sup>st</sup> Dan Grading, be qualified at as an Assistant Coach by a relevant authority recognised as competent to do so.

*An International event or competition is one that is held outside of the islands of Ireland and Great Britain such as in mainland Europe or other continent. In order for the applicant to be considered for 2nd Dan Grade it is expected that they would have a substantial National profile in Ireland and have begun to establish a national Profile in Great Britain. Applicants who have an established International Profile in Europe will be considered more favourably.*

- 11a. have, since their 1<sup>st</sup> Dan Grading, achieved UKF Association Judge status and have assisted in judging at all UKF Competitions and judged in at least 4 national (UK and Ireland) or International (WUKF, WKC, WKF, or WUKO) competitions;

**OR**

- 11b. have, since their 1<sup>st</sup> Dan grading, competed in kata or kumite events or both in 2 UKF Competitions and competed in at least 4 National (UK and Ireland) competitions or International (WUKF, WKC, WKF, or WUKO) competitions and achieved success (Gold, Silver, or Bronze) in at least 1 of these competitions competition. It is expected that young (under 35 years of age) able bodied students will compete and achieve success in kumite and / or kata in National and International competitions;

**OR**

- 11c. have, since their 1<sup>st</sup> Dan Grading, been appointed as UKF Kumite Squad Coach by the UKF Technical Committee or National Coach and accompanied and coached the UKF

Kumite Team in at least 4 National (UK and Ireland) Kumite competitions or International (WUKF, WKC, WKF, or WUKO) Kumite competitions;

**OR**

- 11d.** have, since their 1<sup>st</sup> Dan Grading, been appointed as UKF Kata Coach by the UKF Technical Committee or National Kata Coach and accompanied and coached the UKF Kata competitors in at least 4 National (UK and Ireland) competitions or International (WUKF, WKC, WKF, or WUKO) Kata competitions.
  
- 12.** In the case of (absentee) UKF students who live outside the geographical jurisdiction of the UKF, the candidate must: i) have renewed their UKF licence for 3 years prior to their grading, ii) meet the required criteria and iii) have a history of regularly training with a reputable karate coach. Details regarding the candidate's training and achievements will be sought from this coach prior to grading by the UKF Technical Committee;
  
- 13.** The Chairperson for a UKF 2<sup>nd</sup> Dan grading examination panel will be the highest graded UKF Dan Grade.
  
- 14.** In the case of a candidate aged 55 or over who meets the criteria and has shown considerable commitment to the development and ideals of the UKF, the UKF Technical Committee may award the Rank of 2<sup>nd</sup> Dan to the candidate.

## H) Compulsory Requirements Prior to 3rd Dan Grading

*Before applying to the UKF Technical Committee to attempt 3<sup>rd</sup> Dan grading, all candidates must:*

1. give 1 year's notice of their intention to grade 3<sup>rd</sup> Dan;
2. submit a written application, signed by their coach, and the relevant examination fee, to the UKF Chairman who will consider if it meets the criteria and if so, will then advise the Technical Committee of the application. The UKF Technical Committee will then convene a meeting to consider the application.

The application must detail the applicant's achievements in karate-do since their 2<sup>nd</sup> Dan grading. Failure to achieve the required criteria will result in their application being rejected until the required criteria has been achieved;

3. have an up to date UKF Licence and have renewed it for at least 4 years in succession prior to their 3<sup>rd</sup> Dan grading. Late renewals will be backdated to the previous renewal date prior to the grading;
4. have trained without absences for a minimum of 3 years since their 2<sup>nd</sup> Dan grading and they must give an account of what they did and achieved in the 3 years prior to their 3<sup>rd</sup> Dan grading;
5. be physically fit for the grading and will, if under 55 years of age, be expected to complete the following workout in a 90 minute period at a UKF Squad training session in the week before the grading: a 3 mile run / jog; 100 press ups, 100 squats, 100 sit ups, 3 minutes pad work (punches), 3 minutes bag work (kicks);
6. have attended and participated in all of the UKF's Kumite and Kata courses since their 2<sup>nd</sup> Dan grading;
7. have participated in and completed 3 UKF referees' courses since their 2<sup>nd</sup> Dan grading;

8. have attended and trained in 90% of all UKF Senior Kyu and Squad training sessions in the 3 years prior to the grading;
9. have, since their 2<sup>nd</sup> Dan Grading, attended regular updates in UKF courses including First Aid, Child Protection and Health and Safety;
10. have maintained their coaching qualification with a relevant authority recognised as competent to do so.
11. have shown considerable commitment towards the constitution, rules and the ideals of the Ulster Karate-Do Federation;
12. be competent in the prescribed techniques of the Grading syllabus for 3<sup>rd</sup> Dan;

*An International course or competition is one that is held outside of the islands of Ireland and Great Britain. Where the candidate uses attendance at International courses (such as Kissaki-Kai, WIKF, IWKU) as part of their criteria for 3<sup>rd</sup> Dan Grade, then the candidate must have provided and coached UKF Senior Grades in 2 X 3 hours sessions in the techniques they have learned at such courses in the 3 years prior to their 3<sup>rd</sup> Dan Grading.*

*In preparation for high grade such as 3<sup>rd</sup> Dan, the student must have an established National Profile as a Competitor, Referee, or Coach at events in Ireland and in the UK and they must have begun to establish an International profile in Europe. It is recommended that as a minimum, the student, since their 2<sup>nd</sup> Dan grading, will:*

- 13a. have achieved UKF Association Judge status and have assisted in judging at all UKF Competitions and in at least 4 national (UK and Ireland) tournaments and in at least 2 International events (WUKF, WKC, WKF, WUKO, or international courses such as Kissaki-Kai, WIKF, IWKU), of which at least 1 of these international events must be refereeing at World or European level events;

**OR**

**13a.** have competed in kata or kumite events or both in all UKF Competitions and in at least 4 National (UK and Ireland) events and in 2 International (WUKF, WKC, WKF, or WUKO) events and achieved success (Bronze, Silver or Gold) in at least 3 National or International Kumite competitions. It is expected that young (under 35 years of age) able bodied students will compete in kumite and / or kata in National and International events;

**OR**

**14c.** have been appointed as UKF Squad Kumite Coach by the UKF Technical Committee or National Coach and have participated in all UKF competitions, and accompanied and coached the UKF Kumite Squad in at least 4 National (UK and Ireland) Competitions and also in at least 2 International (WUKF, WKC, WKF, or WUKO) Competitions and achieved success (Gold, Silver or Bronze) in at least 3 of these Kumite competitions;

**OR**

**14d.** have been appointed as UKF Kata Coach by the UKF Technical Committee or National Kata Coach and, since their 2<sup>nd</sup> Dan grading have participated in all UKF competitions, accompanied and coached the UKF Kata competitors in at least 4 National (UK and Ireland) competitions and also in at least 2 International (WUKF, WKC, WKF, or WUKO) competitions and achieved success (Gold, Silver or Bronze) in at least 3 of these Kata competitions;

**15.** In the case of (absentee) UKF students who live outside the geographical jurisdiction of the UKF, the student must: i) have renewed their UKF licence for 4 years prior to their grading, ii) meet the required criteria and iii) have a history of regularly training with a reputable karate coach. Details regarding the student's training and their achievements will be sought from this coach prior to grading by the UKF Technical Committee;

**16.** The Chairperson for a UKF 3<sup>rd</sup> Dan grading examination panel will be the highest graded UKF Dan Grade.

17. In the case of a candidate aged 55 or over who has met the criteria and has shown considerable commitment to the development and ideals of the UKF, the UKF Technical Committee may award the Rank of 3<sup>rd</sup> Dan to the candidate.

**D) Procedure for Applying for 4<sup>th</sup> Dan or Higher Dan Grade**

1. The candidate can self-apply by completing the appropriate form and submitting it and the relevant administration fee to the UKF Chairman for consideration. The candidate and the UKF Chairman should then discuss the application to determine the potential for success.
2. If the application has the potential for success, the UKF Chairman will inform the members of the UKF Technical Committee about the application. The UKF Technical Committee, excluding the candidate, will convene to discuss the application and to make a recommendation regarding a Dan Grade promotion or examination.
3. A member of the UKF Technical Committee may recommend that the rank of 4<sup>th</sup> Dan or above be awarded to an exceptional member who is active in Coaching and Refereeing and who had made a substantial contribution to the development and promotion of the UKF at Local, National and International levels. The proposer must make the recommendation to the UKF Chairman in writing and on the appropriate form outlining the contribution the applicant made that warrants the award of such high Dan Grade.
4. In all cases the decision to allow a Dan Grade Examination for 4<sup>th</sup> Dan or above or award the rank of 4<sup>th</sup> Dan or above will be made by a majority of the UKF Technical Committee members. Any rejection of the application must be made in the context of the criteria and positive feedback given to the applicant.
5. The applicant retains the right to ask Senior UKF Technical Committee members to be on the Grading Examination panel. It will be the decision of each requested panel member to participate or not.

**J) Compulsory Requirements Prior to 4<sup>th</sup> Dan Grading or Higher Dan Grade**

*Before applying to the UKF Technical Committee for consideration for 4<sup>th</sup> Dan or higher Dan grade, all candidates must:*

1. have given 1 year's notice of their intention to be examined for 4<sup>th</sup> Dan or higher;
2. submit a written application and the relevant examination fee, to the UKF Chairman who will consider the merits of the application and decide whether to inform the UKF Technical Committee of the application. On the request of the UKF Chairman, the UKF Technical Committee will convene a meeting to consider the application.

The application must detail the applicant's achievements in karate-do since their last Dan grading examination. Failure to achieve the required criteria will result in their application being rejected until the required criteria have been achieved;

3. have renewed their UKF Licence for at least 6 years in succession prior to the Dan Grade examination. Late renewals will be backdated to the previous renewal date prior to the grading;
4. i) have trained without absences for 4 years since their 3<sup>rd</sup> Dan grading and they must give an account of what they did and achieved in the 4 years prior to their 4<sup>th</sup> Dan grading;  
  
ii) have trained without absences for 5 years since their 4<sup>th</sup> Dan grading and they must give an account of what they did and achieved in the 5 years prior to their 5<sup>th</sup> Dan Grade examination;  
  
iii) have trained without absences for 6 years since their 5<sup>th</sup> Dan grading and they must give an account of what they did and achieved in the 6 years prior to their 6<sup>th</sup> Dan Grade examination;

In the case of an active and exceptional applicant whose activities have done much to develop and promote the UKF, the UKF technical Committee can waive the above timescales on one occasion only.

5. be physically fit for the Dan Grade examination and will, if under 55 years of age, be expected to complete the following workout in a 90 minute period at a UKF Squad training session in the week before the grading: a 2 mile run / jog; 100 press ups, 100 squats, 50 sit ups, 3 minutes pad work (punches), 3 minutes bag work (kicks);
6. have supported and participated in all the UKF's Kumite, Kata, Referee and specialised training courses with guest instructors since their last Dan Grade examination;
7. have assisted in the organisation and running of all UKF competitions since their last Dan Grade examination;
8. have attended and participated in 90% of all UKF Senior Kyu and Squad training sessions since their last Dan Grade examination;
9. have, since their last Dan Grade examination, attended regular updates in courses including First Aid, Child Protection and Health and Safety;
10. have maintained their coaching qualification with a relevant authority recognised as competent to do so.
11. have shown considerable commitment towards the constitution, rules and the ideals of the Ulster Karate-Do Federation;
12. be competent in the prescribed techniques of the Grading syllabus for the Dan Grade examination they have applied for;
13. have a considerable National and International Profile in Ireland, UK and in Europe in either Refereeing, Kumite, Kata or Coaching. ***Senior grades of 4<sup>th</sup> Dan and above must be well known, respected and acknowledged at National and International level.***

*An International course or competition is an event that is held outside of the islands of Ireland and Great Britain. Where the candidate uses attendance at International courses (such as Kissaki-Kai, WIKF, IWKU) as part of their criteria for 4<sup>th</sup> Dan Grade or higher Dan Grade, then the candidate must have coached UKF Senior Grades in an annual 3 hour session in the techniques they learned, in each year prior to the Dan Grade examination they have applied for.*

*It is recommended that, since their last Dan Grade examination or award, as a minimum, the applicant will:*

**15a.** have achieved and maintained UKF Association Referee status and have refereed in all UKF Competitions and in at least 6 National (UK and Ireland) competitions and in at least 6 International competitions (WUKF, WKC, WKF, WUKO or participated in International courses such as Kissaki-Kai, WIKF, IWKU), of which 4 International events must include refereeing in World or European competitions;

**OR**

**15b.** have participated in all UKF competitions since their last Dan Grade examination and if under 40 years of age, have competed in Kata or Kumite competitions or both in at least 6 National (UK and Ireland) competitions and in 6 International (WUKF, WKC, WKF, or WUKO) competitions and achieved success (Bronze, Silver or Gold) in at least 4 of these National or International competitions;

**OR**

**15c.** have been appointed as UKF Kumite Squad Coach by the UKF Technical Committee or National Kumite Coach and, since their last Dan Grade examination, have participated in all UKF competitions, accompanied and coached the UKF Kumite Team in at least 6 National (UK and Ireland) competitions and in at least 6 International (WUKF, WKC, WKF, or WUKO) competitions and achieved success (Gold, Silver or Bronze) in at least 4 National or International Kumite competitions;

**OR**

- 15d.** have been appointed as UKF Kata Coach by the UKF Technical Committee or National Kata Coach and, since their last Dan Grade examination, have participated in all UKF competitions, accompanied and coached the UKF Kata competitors in at least 6 National (UK and Ireland) competitions and also in at least 6 International (WUKF, WKC, WKF, or WUKO) Competitions and achieved success (Gold, Silver or Bronze) in at least 4 National or International Kata competitions;
- 16.** In the case of (absentee) UKF students who live outside the geographical jurisdiction of the UKF, the candidate must: i) have renewed their UKF licence for each of the years to the Dan Grade examination, ii) meet the required criteria as specified in this document and iii) have a history of regularly training with a reputable karate coach. Details regarding the candidate's training and their achievements will be sought from this coach prior to grading by the UKF Technical Committee;
- 17.** The Chairperson of the Dan Grade examination panel will be the highest graded UKF Dan Grade.
- 18.** In the case of a candidate aged 55 or over who meets the criteria and has shown exceptional commitment to the development and ideals of the UKF, the UKF Technical Committee may forego the Dan Grade examination and award the Rank of 4<sup>th</sup> Dan or higher to the candidate.

## 1<sup>st</sup> Dan Black Belt Grade Examination Syllabus

All candidates must meet the relevant criteria for 1<sup>st</sup> Dan Grade and where a Grading Examination is recommended, it 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

## 2<sup>nd</sup> Dan Grade Examination Syllabus

All candidates must meet the relevant criteria for 2<sup>nd</sup> Dan Grade and where a Grading Examination is recommended, it 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 chosen by the committee,
2. Wanshu,
3. Seishan,
4. Jion

#### JI YU KUMITE

## **3<sup>rd</sup> Dan Black Belt Grade Examination Syllabus**

All candidates must meet the relevant criteria for 3rd Dan Grade and where a Grading Examination is recommended, 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 of the Ohyo in attack and defence

**3. KIHON GUMITE**         Any 5 of the Kihon in attack and defence

**4. SELF DEFENCE**         The candidate must demonstrate competence in 5  
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

## **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**

**With exception to Self Defense techniques, all required Sanbon Gumite, Ohyo Gumite, Kihon Gumite and Kata will be chosen by the Grading panel.**

### **Technical Examination**

- |                         |  |
|-------------------------|--|
| <b>6. SANBON GUMITE</b> |  |
| Jodan Uke               | <b>2 of the Head Blocks (Chosen by the Grading Panel)</b>  |
| Maegeri Uke             | <b>3 of the Kick Defences (Chosen by the Grading Panel)</b>  |
| <b>7. PINAN KATA:</b>   | <b>Any 2 Pinan Kata chosen by the Grading Panel<br/>(Pinan Nidan, Shodan, Sandan, Yondan, and Godan)</b>   |
| <b>8. OHYO GUMITE</b>   | <b>Any 5 chosen by the Grading Panel</b>   |
| <b>9. SENTAI KATA:</b>  | <b>Any 2 Kata chosen by the Grading Panel<br/>(Kushanku, Niseishi, Jion, Passai and Jitte)</b>   |
| <b>10. KIHON GUMITE</b> | <b>Any 5 chosen by the Grading Panel</b>   |
| <b>11. TOKUI KATA</b>   | <b>Any 2 chosen by the Grading Panel<br/>(Chinto, Naihanchi, Rohai, Wanshu, and Seishan)</b>   |
| <b>12. SELF DEFENCE</b> | <b>The candidate must demonstrate competence in 5 Self-Defense Techniques either prescribed or self taught and demonstrate the applications at speed and also in slowed version.</b> |