

# The Ulster Karate-Do Federation Newsletter

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Ulster Karate-Do Federation

July 2013

## 5<sup>th</sup> World Championships 2013

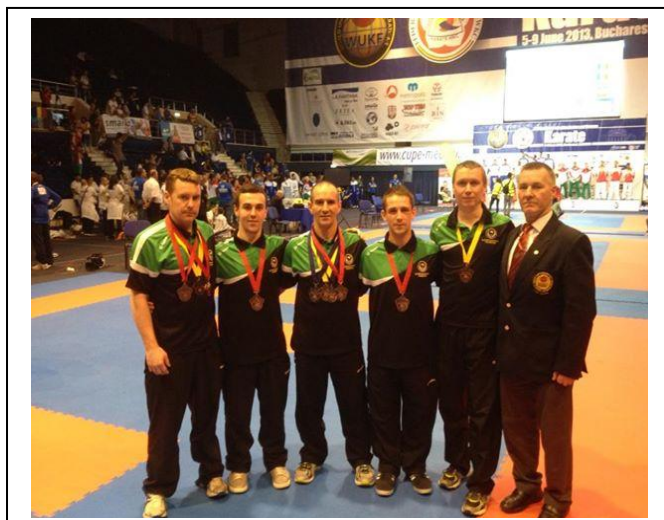
The World Union of Karate-Do Federations (WUKF) held the 5<sup>th</sup> World Championships for Seniors and Veterans in Bucharest, Romania on the 5<sup>th</sup> - 9<sup>th</sup> June 2013. The Ulster Karate-Do Federation Senior squad and Sensei Columba McLaughlin (WUKF Chief Referee) travelled to the event. the UKF team was very successful On different tatamis and achieved Gold in the Veteran Male Team Kata Category. The hard 2-year training regime by Captain Paul Taylor along with Shawn and Martin paid off as they had stiff opposition from the Russian and Ukrainian teams. Also, the UKF achieved Bronze in the Veteran Male Rotation Team category. In addition, the Senior team achieved Bronze in the Male Sanbon Team kumite. The Senior team were unlucky in not reaching the semi-finals of the Senior Male Rotation team.



2013 World Champions - Martin, Paul and Shawn on the podium - Well done lads 😊

Shawn, Paul, Martin being congratulated by Columba

Shawn Barron did the UKF proud when he took Silver in the Veteran Male Kumite and he also achieved Silver in the Veteran Male Kata. Not to be out done, Martin McCole did very well in achieving a Bronze medal in his Veteran Kata category. However, while Paul Taylor reached the final 6 of the Senior Male Wado Ryu Kata, he was unlucky in the final round. While Dean and Glen Barron did well in the team kumite categories, both were unlucky in the quarter finals of each of their respective individual kumite categories. In summary, the UKF entered 7 events and achieved 1 Gold, 2 Silver and 3 Bronze medals. Your hard work, dedication and achievements are an inspiration to others 😊



Also, the WUKF held its annual congress and this being an election year, the congress met to receive the reports of WUKF activities and finances and also to elect a new President and Vice Presidents. The UKF proposed a vote of thanks for Dr. Osvaldo Messias D'oliveria for successfully guiding the WUKF through the sometimes very choppy waters of the previous 8 years. Also, the UKF congratulated Dr. Liviu Crisan (Romania) on his election as President of WUKF. In addition, Mr. Roberto Perri (Belgium) was elected General Secretary of WUKF. While Peter Allan (England) was elected European President, the UKF was very pleased that both Sensei Tibor Rostás (Hungary) and Sensei Columba McLaughlin (Ireland) were elected as European Vice Presidents. Congratulations to all on their appointments 😊

## Competition Round-up

### Collon Inaugural Competition - June 2013

To celebrate its 10<sup>th</sup> anniversary, the National Karate Federation of Ireland held an inaugural karate competition in Dublin. The event was hosted by Sensei Joe Smith 4<sup>th</sup> Dan and the members of the Collon Karate Club. The UKF sent a large contingent of competitors and Referees were Denis, Martin and Paul. Coaches were Shawn, Mary, Dean and Glen.



The successful UKF Squad after the championships who achieved Gold Medals in 14 events, Silver in 15 events and Bronze in 8 events. Well done to all. 😊

### UKF Success at the 2013 Bawnogue Championships

The UKF Squad and Officials travelled to Dublin and participated 2013 Bawnogue Championships. Clubs from all over Ireland participate in this event. Similar to the UKF Cross Border Championships - it is designed for Novices, Children and Cadets. Congratulations to all the UKF Junior Squad Members who took part and especially to those who were successful and achieved 5 Gold Medals, 4 Silver and 5 Bronze.

**Gold Medals:** Aine McCole (Kumite), Coror Doherty (Kumite), Conal Gill (Kumite), Conor Kerlin (Kumite).

**Silver Medals:** Caolan Harkin (Kata), Chloe Anderson (Kata), Katie Doherty (Kumite), Stacey Doherty (Kumite),

**Bronze Medals:** Conal Gill (Kata), Darragh McCole (Kata), Dara Gill (Kumite), Chloe Anderson (Kumite), Junior Team Kata.

Well done to all our competition squad, your hard work in squad training has paid off again and your UKF coaches are very proud of your achievements. 😊

### The 2<sup>nd</sup> Szec-Galga Cup - April 2013

The Ulster Karate-Do Federation Veteran Squad and Referee officials travelled with fellow WUKF Ireland members from the National Karate Federation of Ireland (Collon Karate Club) to Kartal in Hungary to participate in the 2<sup>nd</sup> Szec-Galga Cup. Members from both squads achieved well. The UKF squad did very well with Martin McCole achieving a Gold medal in the Veteran Male Kumite.



### ***Veteran Team Kumite winners***

The UKF Veteran Team won a Gold medal in the Male Veteran Team Kumite with a bit of help from a fellow Hungarian Veteran. This match went to a 1-1 draw with the outcome being decided by overall points. The UKF team were the victors. Also, The UKF Kata Team achieved Silver in the Veteran Kata team event. In addition, they also took a Bronze medal in the Senior Team Kata event. Finally, Shawn Barron did well to achieve a Bronze medal in the hotly contested Male Veteran Kata event. Sensei Joe Smith, Sensei Columba McLaughlin and Sensei Denis Donaghey officiated at the event. The NKFI Team (including Sensei Mary Doherty) did very well in the medal ranking as well. Well done to all for keeping the Irish Flag flying high. 😊



Successful WUKF Ireland members after the competition

## *Training with Shihan Kando Shibamori 9<sup>th</sup> Dan Wado Ryu*

*Whilst in Budapest, the Ulster Karate-Do Federation senior grades (Shawn, Denis, Martin, Paul, Mary and Columba) along with fellow Wado-Ryu Karate-Ka from the National Karate Federation of Ireland were fortunate to train with Shihan Kano Shibamori 9<sup>th</sup> Dan.*



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## *Training with Sensei Tibor Rostás (Hungary)*



*Sensei Tibor was in the Collon Karate Club, Co. Louth in February this year as guest Instructor of the National Karate Federation of Ireland and Sensei Joe Smith. From the Ulster Karate-Do Federation Sensei's Martin McCole and Columba McLaughlin travelled to train with him. While Sensei Tibor's class was very enjoyable, it was also very tough and as usual he did not take any prisoners. 😊*

## *The 6<sup>th</sup> UKF Invitation Tournament 2013*

The UKF held its 6<sup>th</sup> UKF Invitation International Tournament on the 6<sup>th</sup> April 2013. The number of entries was higher than in the 2012 event and came from Ireland, Scotland, England, Belgium and Romania. There were 79 categories of competition and most were hotly contested. A referee seminar was held by Dr. Columba McLaughlin (WUKF Chief Refere) on the 5<sup>th</sup> April at which the importance of respect among competitors, coaches, referees and volunteer officials was discussed.



Because of the high number of children entering the competition - their safety in relation to contact was a main focus point at the referee seminar. The competition went very well and all of the visiting Federations paid tribute to the high standard of the competitors and the fairness of the referees. Behind the scenes, the Tournament Officials who kept the scores, managed the Computer Scoring systems, and who looked after the children all deserve thanks. It was a busy day for all officials and the management of 79 Categories went without a hitch. The Senior Male Sanbon Kumite and the Senior Male Ippon kumite were well contested by all Federations. Overall, it was a very successful day and all Federations made it on to the medal table. The UKF itself achieved Gold in 16 events, Silver in 14 events and Bronze in 18 events. Well done to all who took part. The 7<sup>th</sup> UKF International Invitation is scheduled for Saturday 5<sup>th</sup> April 2014. ☺



**UKF Squad members who were successful at the 6<sup>th</sup> UKF Invitation Tournament**

*Photographs for the 6<sup>th</sup> UKF Invitation*



**Senior Male Kata - Wado Ryu**



**Female Masters - Other Styles Kata**



**Boys' Kata 6th - 4th Kyu**



**Children Team Kata**



**Male Cadets Kata**



**Male Masters Ippon Kumite**

## Photographs for the 6<sup>th</sup> UKF Invitation



**Female Masters Shobu Ippon**



**Girls' Kumite 11 - 12 3rd Kyu+**



**Senior Male Sanbon Kumite U75Kgs**



**Boys' Kumite 11 - 12 9th - 4th Kyu**



**Junior Male (18 - 20) Kumite**



**Senior Female Sanbon Kumite**

## 2013 Association Referee Appointments



Congratulations is extended to Paul Taylor 2<sup>nd</sup> Dan who was awarded Association Referee Status and also to Martin McCole 2<sup>nd</sup> Dan who was awarded Association Senior Referee status. Both photographed being congratulated by Columba McLaughlin (WUKF Chief Referee).

Sensei Mary Doherty 4<sup>th</sup> Dan included in the photograph ☺

### *Sensei Columba McLaughlin Awarded 6<sup>th</sup> Dan*



*With a history of training in Karate for almost 40 years, Columba has achieved at all levels including National and International level. In recognition of his achievements and his commitment to developing both the tradition and the sport of Karate-Do, the Ulster Karate-Do Federation in conjunction with Senior Karate-Ka in Ireland, UK and Europe awarded him with his 6<sup>th</sup> Dan ☺*

### *New Brown belt Grades in the Ulster Karate-Do Federation*



*Congratulations to Emily Bird, Erin McCole, Ross Anderson, Conor Kerlin, Conal Gill, David Bell and Ryan Doherty who all successfully graded 2<sup>nd</sup> Kyu Brown Belt. It was a tough grading and all the hard work in the previous 9 months paid off. Well done guys and very well deserved ☺*

## Dates for August - December 2013

17-18 <sup>th</sup> Aug	Wado Ryu - Sensei Tibor Rostás (Collon)
21 <sup>st</sup> Aug	Senior Kyu, Circuit and Squad training
25 <sup>th</sup> Aug	Senior Kyu, Circuit and Squad training
28 <sup>th</sup> Aug	Senior Kyu, Circuit and Squad training
1 <sup>st</sup> Sept	Senior Kyu, Circuit and Squad training
8 <sup>th</sup> Sept	Senior Kyu, Circuit and Squad training
15 <sup>th</sup> Sept	Senior Kyu, Circuit and Squad training
22 <sup>nd</sup> Sept	Senior Kyu, Circuit and Squad training
29 <sup>th</sup> Sept	Referee Seminar and Written Exam
6 <sup>th</sup> Oct	Carlow International Competition,
13 <sup>th</sup> Oct	Senior Kyu, Circuit and Squad training
16-20 <sup>th</sup> Oct	European Championships, Sheffield
27 <sup>th</sup> Oct	Karate Ireland National Champs, Dublin
3 <sup>rd</sup> Nov	SKA National Champs, Ayr, Scotland
10 <sup>th</sup> Nov	Senior Kyu, Circuit and Squad training
17 <sup>th</sup> Nov	3rd Cross Border Tournament, Aileach
17 <sup>th</sup> Nov	Referee Practical Assessment
24 <sup>th</sup> Nov	Senior Kyu, Circuit and Squad training
1 <sup>st</sup> Dec	Senior Kyu, Circuit and Squad training
8 <sup>th</sup> Dec	Senior Training and Grading
14-15 <sup>th</sup> Dec	European Champions Cup, Romania
21 <sup>st</sup> Dec	Brown Belt Grading (TBC)
21 <sup>st</sup> Dec	UKF Christmas Dinner
22 <sup>nd</sup> Dec	UKF Christmas Disco and Presentation

The UKF Calendar for 2014 is currently being drafted.

*UKF Squad members should give their mobile numbers to Sensei Martin McCole or Sensei Shawn Barron and they will be notified by text message of any announcements, cancellations or additional training or grading information ☺*

## UKF Grading Criteria

*All UKF members from 4<sup>th</sup> Kyu upwards must attend at least 80% of all the senior UKF Kyu training sessions each year, regarding their UKF grading requirements. All senior graded students, including Dan Grades, are expected to attend a minimum of 90% of all UKF courses and training sessions with UKF Instructors and also with other invited Karate instructors.*

*Each student's commitment to training with the UKF is a major criterion in their Instructor's recommendation to allow them to be examined for a higher grade. Applicants for Dan Grade promotion should check that they meet the UKF criteria before submitting an application to the UKF Chairman. These criteria and application forms are available on the UKF website [www.ukf-karate.com](http://www.ukf-karate.com)*

*The next dates for all Brown Belt grading examinations will be between December 2013 and February 2014 but the UKF Technical Committee may change these dates to advantage students who show commitment.*

*Advancement comes with training and commitment*

## Thanks to all supporters

*The UKF were very successful in the first 6 months of 2013. All the hard work that UKF students, Senior Grades and parents put in have created that success. When an organisation works well together, everybody benefits and the organisation flourishes.*

*I would like to thank all the parents and the UKF members who freely give of their spare time to help our students achieve at all levels. I hope you will continue to do so in 2013 and in the years to come. Your help doesn't go unnoticed and it is really appreciated. Together let's make the second half of 2013 just as successful.*

*On behalf of the UKF committee I would like to thank everyone, whether UKF friend or UKF member, who assisted the UKF in its achievements. ☺*

*Columba McLaughlin 6<sup>th</sup> Dan*

UKF President