



UNION KARATE DO SQUAD MEMBER POLICY

Union Karate Do aim to provide a safe and fair squad member programme for students aged 5 to 70 years of age. A normal Squad Member session will cost **£8**, or an extended Squad session will cost **£10**, and they will run once a month.

The stipulated criteria must be met as set out in the relevant guidance programme.

A student will not be able to become a squad member until factors considered by the instructor are met such as:

- **Character of student (discipline, respect, dedication, and determination)**
- **Length of time training (minimum of 1 year training)**
- **The age of the student and any underlying conditions (5 to 75 years of age)**
- **Grade of Student (minimum of full red belt 10th Kyu)**
- **Must attempt to attend all the Union Karate Do squad training sessions (monthly)**
- **Students will be removed from the Squad if they miss more than 3 squad sessions in a row (unless absence is due to injury or family/ work commitments)**

Current squad member fee is **FREE** (if successful) a squad member will be able to wear the squad member t-shirt and any other future squad member products.

An unsuccessful applicant may re-attempt to become a squad member at the next squad training session and another instructor review.

Essential Squad Member Equipment:

- **Gum Shield - £3**
- **Mitts (sparring Gloves) - £15**



- **Shin and Instep Protectors - £15**
- **Squad Member Shirt - £15**
- **Squad Member Jacket - £30**
- **Squad Member Badge - £5**

The reward fist badges may be worn on the students karate gi showing recognition of their dedication to improving their own karate skills as a Union Karate Do Squad Member.

Squad Member Fist Award and Progression Chart

- **10 squad training sessions** will earn you the **RED** fist badge
- **20 squad training sessions** will earn you the **YELLOW** fist badge
- **30 squad training sessions** will earn you the **GREEN** fist badge
- **40 squad training sessions** will earn you the **BLUE** fist badge
- **60 squad training sessions** will earn you the **PURPLE** fist badge
- **80 squad training sessions** will earn you the **BLACK** fist badge
- **100 squad training sessions** will earn you the **SILVER** fist badge



Union Karate Do has created the Squad Member programme to inspire and find the next generation of champions in martial arts and life. Also, the selected squad members will be asked to compete and represent Union Karate Do in competitions, tournaments, seminars, and other special events.

Last Updated 29th July 2025