

UKTJA Coach - Record of Achievement Upper Blue (3rd Kyu)



Description	Date	Date	Date	Date	Date	Date	Met/ Not Met
Coach - Level 10							
Renraku - Renka - Waza - Section H							
O Utchi Gari - Ko Utchi Gari							
O Soto Gari - O Soto Guruma							
O Utchi Gari – O Soto Gari							
Okuir Ashi Barai - O Soto Gari							
Knowledge of Standing Judo Throws - Section I							
Ippon Seio-nage, (Shoulder Throw)							
O-Goshi, (Major Hip Throw)							
Uchi Mata (Inner thigh throw)							
Harai Goshi, (Sweeping Hip Throw)							
Tai Otoshi, (Body Drop Throw)							
Renraku - Renka - Waza - Section J							
De Ashi Bari - O Soto Gari							
Harai Goshi - Uchi Mata							
Harai Goshi - O Soto Gari							
Harai Goshi - Harai Makikomi							

Instructors Signature:	Date:	Students Signature:	Date:
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Description	Date	Date	Date	Date	Date	Date	Met/ Not Met
Coach - Level 10 (Continued)							
Ne Waza No Kata - Choke Holds - Section K							
Hadaka - Jime							
Okuri - eri - Jime							
Sodegurma - Jime							
Kataha - Jimi							
Katate - Jime							
Defence against Strikes (Standing Judo Throws) - Section L							
Techniques from Strikes / Grabs							
Techniques from Strikes / Grabs							
Techniques from Strikes / Grabs							
Techniques from Strikes / Grabs							
Demonstration of Kicks - Section M							
Mae Geri (Front Kick)							
Yoko Geri (Side Kick)							
Mawashi Geri (Turning Kick)							
Ushiro Geri (Back Kick)							
Ushiro Ura Mawashi Geri (Spinning Kick)							
Kakato Geri (Axe Kick)							
Ura Mawashi Geri (Hook Kick)							

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