

UKTJA Coach - Record of Achievement Upper Yellow (9th Kyu)



Students Name:	Club
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Description	Date	Date	Date	Date	Date	Date	Met/ Not Met
Coach - Level 4							
Basics							
Break Falls (Front /Rear /Side)							
Rolling Break Fall-(Front /Rear)							
Ground Defence							
Knowledge of Basic Punches, Elbow and Kicks							
Knowledge of Combination of Punches, Elbow and Kicks							
One Step Sparring (Randori)-Free Play							
One onto One Strikes Only							
Two onto One Strikes Only							
Use of Bag Work							
Self Defence Kata – Section A (Grapples)							
Even Grip – Wrist Turn Small Circle (Kote Mawashi)							
Cross Grip – Wrist Turn Small Circle (Kote Mawashi)							
Double Grip – Arm Throw (Shiho Nage)							
Clothing Grab – High Arm Throw (Gyaku Gamae-ate)							
Rear Double Hand Grab – Arm Circle (Oshi Taioshi)							
Bear Hug /Choke – Drop Shoulder Throw (Drop-Seoi Nage-Hiki-Otoshi)							
Bear Hug /Side Head Lock – Body Drop Gedan Ate							
Front Double Handed Choke – Straight Arm Takedown (Waki Gatame)							

Instructors Signature:	Date:	Students Signature:	Date:
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UKTJA Coach - Record of Achievement Lower Orange (8th Kyu)



Students Name:	Club
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Description	Date	Date	Date	Date	Date	Date	Met/ Not Met
Coach - Level 5							
Self Defence Kata – Section B (Strikes and Takedowns)							
Straight Punch - Knee strike / Arm Circle (Oshi Taioshi)							
Straight Punch – Palm Strike / Arm Circle (Ude Gaeshi)							
Low Punch– Turning Kick / Angle Kick -Wrist Circle (Kota Gaeshi)							
Hook Punch – Multiple Palm Strikes / Outer Major Leg Reap (Osto-gari)							
Hook Punch –Elbow strike / Rear Pull Down (Ushiro Ate)							

Instructors Signature:	Date:	Students Signature:	Date:
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