

UKTJA Coach - Record of Achievement Upper Orange (7th Kyu)



Students Name:	Club
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Description	Date	Date	Date	Date	Date	Date	Met/ Not Met
Coach - Level 6							
Self Defence Kata – Section C (Defence against Kicks)							
Front Kick/Push kick – Avoidance outside Rear pulldown (Ushiro Ate)							
Front Kick/Push Kick – Avoidance outside, Major outer wheel (Shomen Ate)							
Turning Kick – Shin Block / Double open palm strike							
Turning Kick – Absorb / Inner leg reap (Ouchi Gari).							

Instructors Signature:	Date:	Students Signature:	Date:
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UKTJA Coach - Record of Achievement Lower Green (6th Kyu)



Students Name:	Club
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Description	Date	Date	Date	Date	Date	Date	Met/ Not Met
Coach - Level 7							
Ne Waza No Kata - Section D Basic Groundwork Judo Kata							
Kesa-gatame - Scarf hold							
Kata-gatame - Arm across face (shoulder hold).							
Kuzure-kami-shiho-gatame - Broken upper four quarters.							
Ushiro Kesa Gatame-Reverse Scarf Hold							
Yoko-shiho-gatame - Side trunk hold							
Ude-garami - Bent arm lock (figure 4)							
Juji-gatame - Straight arm lock							
Self Defence Kata - Section E Keibo (truncheon) - (Right Hand Side Only)							
Front Kick – Chest push (Mune Ate)							
Straight Punch - Arm Entanglement (Ude Garami)							
Front Kick – Leg Reap (Ude Ate)							
Knife Attack – Disengage / Arm Entanglement (Tanto Tori)							

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UKTJA Coach - Record of Achievement Upper Green (5th Kyu)



Students Name:	Club
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Description	Date	Date	Date	Date	Date	Date	Met/ Not Met
Coach - Level 8							
Tanto Techniques (Sport) - Section F							
Shomen Ate							
Ude Garami							
Kote Gaeshi							
Gedan Ate							
Shiho Nage							
Ushiro Ate							

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