

UKTJA - Record of Training (Upper Yellow) (9th Kyu) (Level 3)



Students Name:	Club:
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Description:	Date	Date	Date	Date	Date	Met / Not Met
Advanced Escort Holds						
Double Arm into Front Wrist Lock						
Double Arm Wrap into Arm Entanglement						
Double Arm Wrap in Front Wrist Lock						
Managing a Situation on the Floor						
Relocate to the floor - (Double Arm Wrap to Prone Postion)						
Apply the Secure Prone Postion (DAW) - Face Down						
Apply the Secure Supine Postion (DAW) - Face Up						
Relocate to Standing Postion - (Fig 4) - Face Down						
Relocate to Standing Postion - (Fig 4) - Face Up						
Demonstrate Releasing Techniques - Prone Position						
Double Handed Grip - (Butchers Grip) - Trapezius						
Straight Arm - Rolling Pin						
Demonstrate Releasing Techniques - Standing Position						
Collapsing a closed fist						

Instructor's Signature:	Date:	Student's Signature:	Date:
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