

**UKTJA - Record of Training (Grade) (2nd Dan) (Senior Level 2)**



<b>Students Name:</b>	<b>Club:</b>
-----------------------	--------------

Description:	Date	Date	Date	Date	Date	Met / Not Met
<b>Randori no kata - Hadari (1 to 17 on the left) - Section M</b>						
<b>Atemi Waza - Classified as Striking Techniques (1 to 5)</b>						
Shomen Ate - Strike from the front						
Ai-gamae Ate - Strike from the same posture						
Gyaku - gamae Ate - Strike from reverse posture						
Gedan - Ate Strike from lower level						
Ushiro Ate - Strike from Behind						
<b>Hiji Waza - Classified as Elbow Techniques (6 to10)</b>						
Oshi Taoshi - Pushing topple						
Ude Gaeshi - Arm reversal						
Hiki Taoshi - Pulling topple						
Ude Hineri - Arm Twist						
Waki Gatame - Fixing The Side						

<b>Instructor's Signature:</b>	<b>Date:</b>	<b>Student's Signature:</b>	<b>Date:</b>
--------------------------------	--------------	-----------------------------	--------------

# UKTJA - Record of Training (Grade) (2nd Dan) (Senior Level 2)



<b>Students Name:</b>	<b>Club:</b>
-----------------------	--------------

Description:	Date	Date	Date	Date	Date	Met / Not Met
<b>Tekubi Waza - Classified as Wrist Techniques (11 to 14)</b>						
Kote Hineri - Wrist twist						
Kote Gaeshi - Wrist Reversal						
Tenkai Kote Hineri - Rotating Wrist Twist						
Shiho Nage - Rotating wrist Reversal						
<b>Uki Waza - Classified as Floating Techniques (15 - 17)</b>						
Mae Otoshi - Front drop						
Sumi Otoshi - Corner drop						
Hiki Otoshi - Pulling drop						

<b>Instructor's Signature:</b>	<b>Date:</b>	<b>Student's Signature:</b>	<b>Date:</b>
--------------------------------	--------------	-----------------------------	--------------

# UKTJA - Record of Training (Grade) (2nd Dan) (Senior Level 2)



<b>Students Name:</b>	<b>Club:</b>
-----------------------	--------------

Description:	Date	Date	Date	Date	Date	Met / Not Met
<b>Ura Waza No-Kata - Section N</b>						
Shomen ate - Waki gatame						
Aigamae ate - Oshi taiooshi						
Gyaku gamae ate - Gedan ate						
Gedan ate - Aigamae ate						
Ushiro ate - Tenkai kota hineri						
Kota gaishe - Kota gaishe						
Tenkai kota hineri - Waki gatame						
Shiho nage - Shiho nage						
<b>Renraku - Renka Waza - Section O</b>						
Outchi gari - Koutchi gari						
Osoto gari - Osoto guruma						
Outchi gari - Osoto gari						
Okuir ashi bari - Osoto gari						

<b>Instructor's Signature:</b>	<b>Date:</b>	<b>Student's Signature:</b>	<b>Date:</b>
--------------------------------	--------------	-----------------------------	--------------