

# UKTJA - Record of Training (Lower Blue) (4th Kyu) (Level 8)



<b>Students Name:</b>	<b>Club:</b>
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Description:	Date	Date	Date	Date	Date	Met / Not Met
<b>Tanto Techniques (Sport 1 to 11) - Section F2</b>						
Irimi nage						
Osoto makikome						
Hiki otoshi						
Sumi otoshi						
(Drop) Seoi nage						
Tanto - Randori (Free Play)						
<b>Knowledge of Standing Judo Reaps - Section G</b>						
Osoto gari (Major outer reaping)						
Ouchi gari (Major Inner Reaping)						
Kosoto gari (Minor Inner Reaping)						
Kouchi gari (Minor Inner Reaping)						
Okuriashi harai (Following foot sweep)						

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