

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



<b>Students Name:</b>	<b>Club:</b>
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Description:	Date	Date	Date	Date	Date	Met / Not Met
<b>Advanced Escort Holds</b>						
Double Arm into Front Wrist Lock						
Double Arm Wrap into Arm Entanglement						
Double Arm Wrap in Front Wrist Lock						
<b>Managing a Situation on the Floor</b>						
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						
<b>Demonstrate Releasing Techniques - Prone Position</b>						
Double Handed Grip - (Butchers Grip ) - Trapezius						
Straight Arm - Rolling Pin						
<b>Demonstrate Releasing Techniques - Standing Position</b>						
Collapsing a closed fist						

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