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



Students Name:				Club:						
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										1
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) - Fa	ace Down									
Relocate to Standing Postion - (Fig 4) - Fa	ace Up									
Demonstrate Releasing Techniques - Pr	rone Position									+
Double Handed Grip - (Butchers Grip) -										+
Straight Arm - Rolling Pin										
Demonstrate Releasing Techniques - St	tanding Position	on								
Collapsing a closed fist										
Instructor's Signature:	ı	Date:		Student's Signature:	IDate:					

November 2024 V6 | UKTJA Syllabus

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Students Name:				Club:						
Description:				Date	Date	Date	Date	Date	Met / Not Met	
Demonstrate Relocation from Pron	ne to Standing Posi	ition								
Apply Arm Entanglement to Standing										
Apply Front Thumb lock to Standing F	Position / De- Escala	altion								
Apply Fig 4										
Instructor's Signature:		Date:	Student's Signature:			Date:				

November 2024 V6 | UKTJA Syllabus