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



Students Name:					Club:						
Description:					Date	Date	Date	Date	Date	Met / Not Met	
Ukemi (Breakfalls)											
Forward Sliding Breakfall											
Forward Breakfall											
Side Breakfall											
Rear Breakfall											
Ground Defence											
Various Strikes and Blocks											
Use of Bag Work											
Sparing (strikes only)											
							· · · · · ·		· · · · · · · · · · · · · · · · · · ·		
Instructor's Signature:		Date:		Student's Date:							

November 2024 V6 | UKTJA Syllabus

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



Students Name:					Club:						
Description:				Date	Date	Date	Date	Date	Met / Not Met		
Self Defence Kata (Grapples) - Section A											
Kote mawashi - Even Grip - Wrist Turn /Straight Arm Takedown											
Kote mawashi - Even Grip - Wrist Turn Small Circle /Takedown											
Shiho nage - Double Handed Grip -Arm Throw											
Gyaku gamae ate - Single Clothing Grab											
Oshi taioshi - Rear Double Handed Grip											
Drop seoi nage - (Bear Hug / Rear Choke											
Gedan ate - (Body Drop from Bear Hug - Side Head Lock)											
Waki gatame - Front Double Handed Choke into Straight Arm Takedown.											
Instructor's Signature:	Date:	Student's Signature:					Date:				

November 2024 V6 | UKTJA Syllabus