

UKTJA - Record of Training (Grade) (4th Dan) (Senior Level 4)



Students Name:	Club:
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Description:	Date	Date	Date	Date	Date	Met / Not Met
Tachi - waza (Hand against hand)						
Kote mawashi						
Uchi tenkai-nage						
Gyaku gamae ate						
Hiji kime						
Mae otoshi						
Ushiro waza mae otoshi						
Ushiro waza tenkai kote hineri						
Mune tori kata gatame						
Tanto - dori (Hand against knife)						
Ushiro ate						
Gyaku gamae ate						
Tentai Oshi taoshi						
Ushiro ate						
Ude gatame						
Kote gashi						
Tenkai kote hineri						
Shomen giri gedan ate						

Instructor's Signature:	Date:	Student's Signature:	Date:
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