

UKTJA - Record of Training (Upper Brown) (1st Kyu) (Level 12)



Students Name:	Club:
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Description:	Date	Date	Date	Date	Date	Met / Not Met
Randori no kata - Hadari (1 to 10 on the left) - Section K						
Atemi Waza - Classified as Striking Techniques (1 to 5)						
Shomen ate - Strike from the front						
Aigamae ate - Strike from the same posture						
Gyaku gamae ate - Strike from reverse posture						
Gedan ate - Strike from lower level						
Ushiro ate - Strike from Behind						
Hiji Waza - Classified as Elbow Techniques (6 to 10)						
Oshi taoshi - Pushing topple						
Ude gaeshi - Arm reversal						
Hiki taoshi - Pulling topple						
Ude hineri - Arm twist						
Waki gatame - Fixing the side						

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