

# UKTJA - Record of Training (Lower Yellow) (10th Kyu) (Level 1)



<b>Students Name:</b>	<b>Club:</b>
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Description:	Date	Date	Date	Date	Date	Met / Not Met
<b>Standing Defensive Skills</b>						
Demonstrate stance and positioning						
Defensive Technique -skills used to evade and protect against blows - (one person)						
Defensive Technique - Demonstrate methods used to intervene in a violent situation (two people)						
<b>Standing Disengagements Techniques</b>						
Wrist Grabs Single Arm - (Low and High)						
Wrist Grab Double Arm						
Wrist Grab Double Arm (Fingers trapped) (Hook and Pull)						
Wrist Grab Rear						
Wrist Grab Rear -Single / Double Arm Bent						
Single Clothing to the Front						
Rear Body Hold - Attempted Bear Hug						
Double handed grip to front - Exit rout behind						
Double handed grip to front - Exit rout behind / Alternative						
Double handed grip to front - Exit rout in front						
Single handed grip to front - Exit rout in front						
Forearm Pin to the throat against a wall						
Breaking up a fight - (Double handed strangle against the wall)						

<b>Instructor's Signature:</b>	<b>Date:</b>	<b>Student's Signature:</b>	<b>Date:</b>
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# UKTJA - Record of Training (Lower Yellow) (10th Kyu) (Level 2)



<b>Students Name:</b>	<b>Club:</b>
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Description:	Date	Date	Date	Date	Date	Met / Not Met
<b>Basic Escort Holds (1 to 6)</b>						
Elbow Support						
Staright Arm						
Alternative Staright Arm						
Bent Forearm Support						
Figure 4 Lock						
Double Arm Wrap (DAW)						
Double Arm Wrap (DAW) - Lead and Support						
Double Arm Wrap - (About Turn)						

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