

UKTJA - Record of Training (Grade) (1st Dan) (Senior Level 1)



Students Name:	Club:
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Description:	Date	Date	Date	Date	Date	Met / Not Met
Randori no kata - Migi (1 to 17 on the right) - Section L						
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 to10)						
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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Tekubi Waza - Classified as Wrist Techniques (11 to 14)						
Kote hineri - Wrist twist						
Kote gaeshi - Wrist Reversal						
Tenkai kote hineri - Rotating Wrist Twist						
Shiho nage - Rotating wrist Reversal						
Uki Waza - Classified as Floating Techniques (15 - 17)						
Mae otoshi - Front drop						
Sumi otoshi - Corner drop						
Hiki otoshi - Pulling drop						

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