

UKTJA - Record of Training (Grade) (3rd Dan) (Senior Level 3)



Students Name:	Club:
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Description:	Date	Date	Date	Date	Date	Met / Not Met
Judo Renraku - Reka Waza - Section P						
Ko uchi gari - Tai otoshi						
Uchi mata - Ko utchi gari						
Tai otoshi - Uchi mata						
Ko utchi gari - Uchi mata						
Outchi gari - Tai otoshi						
Ne Waza No Kata - Strangle Holds Section Q						
Hadaka jime						
Okuri eri jime						
Sodeguma jime						
Kataha jime						
Katate jime						
Nami juji jime						
Gyaku juji jime						
Tsukkomi jime						
Ryote jime						

Instructor's Signature:	Date:	Student's Signature:	Date:
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Description:	Date	Date	Date	Date	Date	Met / Not Met
Koryu - Goshin-No-Kata (Dai San)						
Suwari-waza (Kneeling Techniques)						
Oshi taoshi						
Gyaku gamae ate						
Kote gaeshi						
Ryote mochi sukui nage						
Tenkai kote hineri						
Shiho nage						
Gedan ate						
Hiji kime						

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