

UKTJA - Record of Training (Lower Green) (6th Kyu) (Level 6)



Students Name:	Club:
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Description:	Date	Date	Date	Date	Date	Met / Not Met
Ne Waza No Kata - (Judo Ground Techniques) - Section D						
Kesa gatame - Scarf Hold						
Kata gatame - Shoulder Hold /Arm across Face						
Kuzure kami shiho gatame - Broken Upper four Quaters						
Ushiro kesa gatame - Reverse Scarf Hold						
Yoko shiho gatame - Side Trunk Hold						
Udi garami - Bent arm Lock (Figure 4 lock)						
Juji gatame - Straight Arm Lock						
Self Defence Kata - Keibo (Police Truncheon) - Section E						
Mune ate - (Front Kick -Chest Push)						
Ude garami - (Arm Entanglement)						
Ude ate - Leg Reap						
Tanta tori - Knife Attack - (Arm Entanglement)						

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