

# UKTJA Coach - Record of Achievement Upper Yellow (9th Kyu)



<b>Students Name:</b>	<b>Club</b>
-----------------------	-------------

Description	Date	Date	Date	Date	Date	Date	Met/ Not Met
<b>Basics</b>							
Break Falls (Front /Rear /Side)							
Rolling Break Fall-(Front /Rear)							
Ground Defence							
Knowledge of Basic Punches, Elbow and Kicks							
Knowledge of Combination of Punches, Elbow and Kicks							
One Step Sparring (Randori)-Free Play							
One onto One Strikes Only							
Two onto One Strikes Only							
Use of Bag Work							
<b>Self Defence Kata – Section A (Grapples)</b>							
Even Grip – Wrist Turn Small Circle (Kote Mawashi)							
Cross Grip – Wrist Turn Small Circle (Kote Mawashi)							
Double Grip – Arm Throw (Shiho Nage)							
Clothing Grab – High Arm Throw (Gyaku Gamae-ate)							
Rear Double Hand Grab – Arm Circle (Oshi Taioshi)							
Bear Hug /Choke – Drop Shoulder Throw (Drop-Seoi Nage-Hiki-Otoshi)							
Bear Hug /Side Head Lock – Body Drop Gedan Ate							
Front Double Handed Choke – Straight Arm Takedown (Waki Gatame)							

<b>Instructors Signature:</b>	<b>Date:</b>	<b>Students Signature:</b>	<b>Date:</b>
-----------------------------------	--------------	--------------------------------	--------------





# UKTJA Coach - Record of Achievement Lower Green (6th Kyu)



Description	Date	Date	Date	Date	Date	Date	Met/ Not Met
<b>Ne Waza No Kata - Section D Basic Groundwork Judo Kata</b>							
Kesa-gatame - Scarf hold							
Kata-gatame - Arm across face (shoulder hold).							
Kuzure-kami-shiho-gatame - Broken upper four quarters.							
Ushiro Kesa Gatame-Reverse Scarf Hold							
Yoko-shiho-gatame - Side trunk hold							
Ude-garami - Bent arm lock (figure 4)							
Juji-gatame - Straight arm lock							
<b>Self Defence Kata - Section E Keibo (truncheon) - (Right Hand Side Only)</b>							
Front Kick – Chest push (Mune Ate)							
Straight Punch - Arm Entanglement (Ude Garami)							
Front Kick – Leg Reap (Ude Ate)							
Knife Attack – Disengage / Arm Entanglement (Tanto Tori)							

<b>Instructors Signature:</b>	<b>Date:</b>	<b>Students Signature:</b>	<b>Date:</b>
-----------------------------------	--------------	--------------------------------	--------------

