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



Students Name:	Club							
Description		Date	Date	Date	Date	Date	Date	Met/ Not Met
Basics								
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 Kick	S							
One Step Sparring (Randori)-Free Play								
One onto One Strikes Only								
Two onto One Strikes Only								
Use of Bag Work								
Self Defence Kata – Section A (Grapples)								
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 N	age-Hiki-Otoshi)							
Bear Hug /Side Head Lock – Body Drop Gedan Ate								
Front Double Handed Choke – Straight Arm Takedown	Waki Gatame)							

Instructors Signature:	Date:	Students Signature:	Date:
		olghadaloi	

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## UKTJA Coach - Record of Achievement Lower Orange (8th Kyu)



Ate Not Met

Instructors	Deter	Students	Data
Signature:	Date:	Signature:	Date:

## UKTJA Coach - Record of Achievement Upper Orange (7th Kyu)



Description	Date	Date	Date	Date	Date	Date	Met/ Not Met
Self Defence Kata – Section C (Defence against Kicks)							
Front Kick/Push kick – Avoidance outside Rear pulldown (Ushiro Ate)							
Front Kick/Push Kick – Avoidance outside, Major outer wheel (Shomen Ate)							
Turning Kick – Shin Block / Double open palm strike							
Turning Kick – Absorb / Inner leg reap (Ouchi Gari).							

Instructors	Deter	Students	Deter
Signature:	Date:	Signature:	Date:

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



Description	Date	Date	Date	Date	Date	Date	Met/ Not Met
Ne Waza No Kata - Section D Basic Groundwork Judo Kata							
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							
Self Defence Kata - Section E Keibo (truncheon) - (Right Hand Side Only)							
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)							

Instructors	Date:	Students	Date:
Signature:	Date.	Signature:	Date.

## UKTJA Coach - Record of Achievement Upper Green (5th Kyu)



Description				-		-	Met/
Description	Date	Date	Date	Date	Date	Date	Not Met
Tanto Techniques (Sport) - Section F							
Shomen Ate							
Ude Garami							
Kote Gaeshi							
Gedan Ate							
Shiho Nage							
Ushiro Ate							

Instructors	Date:	Students	Date:
Signature:	Date.	Signature:	Date.