

# UKTJA Coach - Record of Achievement Lower Blue (4th Kyu)



<b>Students Name:</b>	<b>Club</b>
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Description	Date	Date	Date	Date	Date	Date	Met/ Not Met
<b>Tanto Techniques (Sport) - Section F</b>							
Irimi Nage							
Osoto Makikome							
Hiki Otoshi							
Sumi Otoshi							
(Drop) Seoi Nage							
<b>Knowledge of Standing Judo Reaps - Section G</b>							
O-Soto Gari, (Major Outer Reaping)							
O-Uchi Gari, (Major Inner Reaping)							
Ko-Soto Gari, (Minor Outer Reaping)							
Ko-Uchi Gari, (Minor Inner Reaping)							
Okuri Ashi Barai, (Foot Sweep)							
<b>Renraku - Renka - Waza - Section H</b>							
O Utchi Gari - Ko Utchi Gari							
O Soto Gari - O Soto Guruma							
O Utchi Gari - O Soto Gari							
Okuir Ashi Barai - O Soto Gari							

<b>Instructors Signature:</b>	<b>Date:</b>	<b>Students Signature:</b>	<b>Date:</b>
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# UKTJA Coach - Record of Achievement Upper Blue (3rd Kyu)



Description	Date	Date	Date	Date	Date	Date	Met/ Not Met
<b>Knowledge of Standing Judo Throws - Section I</b>							
Ippon Seio-nage, (Shoulder Throw)							
O-Goshi, (Major Hip Throw)							
Uchi Mata (Inner thigh throw)							
Harai Goshi, (Sweeping Hip Throw)							
Tai Otoshi, (Body Drop Throw)							
<b>Renraku - Renka - Waza - Section J</b>							
De Ashi Bari - O Soto Gari							
Harai Goshi - Uchi Mata							
Harai Goshi - O Soto Gari							
Harai Goshi - Harai Makikomi							
<b>Ne Waza No Kata - Choke Holds - Section K</b>							
Nami - juji - jime							
Gyaku - juji - jime							
Hadaka - jime							

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# UKTJA Coach - Record of Achievement Upper Blue (3rd Kyu)



Description	Date	Date	Date	Date	Date	Date	Met/ Not Met
<b>Defence against Strikes (Standing Judo Throws) - Section L</b>							
Techniques from Strikes / Grabs							
Techniques from Strikes / Grabs							
Techniques from Strikes / Grabs							
Techniques from Strikes / Grabs							
<b>Demonstration of Kicks - Section M</b>							
Mae Geri (Front Kick)							
Yoko Geri (Side Kick)							
Mawashi Geri (Turning Kick)							
Ushiro Geri (Back Kick)							
Ushiro Ura Mawashi Geri (Spinning Kick)							
Kakato Geri (Axe Kick)							
Ura Mawashi Geri (Hook Kick)							

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