

UKTJA - Record of Training (Upper Blue) (3rd Kyu) (Level 9)



Students Name:	Club:
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Description:	Date	Date	Date	Date	Date	Met / Not Met
Demonstartion of Kicks - Section H						
Mae geri - Front Kick						
Yoko geri - Side Kick						
Mawashi geri - Turning Kick						
Ushiro geri - Back Kick						
Ushiro ura masashi geri - Spinning Kick						
Kakato geri - Axe Kick						
Ura mawashi geri - Hook Kick						

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