

**UKTJA - Record of Training (Upper Brown) (1st Kyu) (Level 11)**



<b>Students Name:</b>	<b>Club:</b>
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Description:	Date	Date	Date	Date	Date	Met / Not Met
<b>Knowledge of Standing Judo Throws - Section I</b>						
Ippon Seio-nage (Shoulder Throw)						
Ogoshi (Major Hip Throw)						
Uchi mata (Inner Thigh Throw)						
Harai goshi (Sweeping Hip Throw)						
Tai otoshi (Body Drop Throw)						
Randori - (Free Play)						
<b>Randori no kata - Migi (1 to 10 on the right) - Section J</b>						
<b>Atemi Waza - Classified as Striking Techniques (1 to 5)</b>						
Shomen ate - Strike from the front						
Aigamae ate - Strike from the same posture						
Gyaku gamae ate - Strike from reverse posture						
Gedan ate Strike from lower level						
Ushiro ate - Strike from behind						

<b>Instructor's Signature:</b>	<b>Date:</b>	<b>Student's Signature:</b>	<b>Date:</b>
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<b>Students Name:</b>	<b>Club:</b>
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Description:	Date	Date	Date	Date	Date	Met / Not Met
<b>Hiji Waza - Classified as Elbow Techniques (6 to10)</b>						
Oshi taoshi - Pushing topple						
Ude gaeshi - Arm reversal						
Hiki taoshi - Pulling topple						
Ude hineri - Arm twist						
Waki gatame - Fixing the side						
<b>Randori no kata - Hidari (1 to 10 on the left) - Section K</b>						
<b>Atemi Waza - Classified as Striking Techniques (1 to 5)</b>						
Shomen ate - Strike from the front						
Aigamae ate - Strike from the same posture						
Gyaku gamae ate - Strike from reverse posture						
Gedan ate Strike from lower level						
Ushiro ate - Strike from behind						
<b>Hiji Waza - Classified as Elbow Techniques (6 to10)</b>						
Oshi taoshi - Pushing topple						
Ude gaeshi - Arm reversal						
Hiki taoshi - Pulling topple						
Ude hineri - Arm twist						
Waki gatame - Fixing the side						

<b>Instructor's Signature:</b>	<b>Date:</b>	<b>Student's Signature:</b>	<b>Date:</b>
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