

UKTJA - Record of Achievement (3rd Dan)



Description	Date	Date	Date	Date	Date	Date	Met/ Not Met
SECTION A							
Suwari-waza (Kneeling Techniques)							
1. Oshi-taoshi							
2. Gyaku-gamae-ate							
3. Kote-gaeshi							
4. Ryote-mochi-sukui-nage							
5. Tenkai-kote-hineri							
6. Shiho-nage							
7. Gedan-ate							
8. Hiji-kime							
SECTION B							
Tachi-waza (Hand against Hand)							
1. Kote-mawashi							
2. Uchi-tenkai-nage							
3. Gyaku-gamae-ate							
4. Hiji-kime							
5. Mae-otoshi							
6. Ushiro-waza-mae-otoshi							
7. Ushiro-waza-tenkai-kote-hineri							
8. Mune-tori-kata-gatame							

Instructors Signature:	Date:	Students Signature:	Date:
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