

UKTJA - Record of Achievement Lower Yellow (10th Kyu)



Students Name:	Club
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Description	Date	Date	Date	Date	Date	Date	Met/ Not Met
Defensive Techniques-Stance Posture Movement							
Contact and Withdraw - Low Level							
Contact and Withdraw - High Level							
Disengagement Techniques							
Wrist Grabs - Front - Even Grip							
Wrist Grabs - Front - Cross Grip							
Wrist Grabs - Front Double Handed Grip							
Wrist Grabs - Front Alternative Double Handed Grip - (Hook and Pull)							
Clothing Grab - Front (Single Handed Grip)							
Wrist Grabs - Rear (Double Handed Grip-Arms Straight)							
Wrist Grabs - Rear (Double Handed Grip-One Arm Bent)							
Wrist Grabs - Rear (Double Handed Grip-Both Arms Bent)							
Attempted Rear Bear Hug							
Front Double Handed Choke Exit Route to Rear (Turn and Walk)							
Front Double Handed Choke Exit Route to Rear (Swear Allegiance)							
Front Double Handed Choke Exit Route to Front (Weave)							
Front Single Hand Choke against Wall							
Forearm Choke against Wall							

Instructors Signature:	Date:	Students Signature:	Date:
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Description	Date	Date	Date	Date	Date	Date	Met/ Not Met
Basic Escort Holds (1 to 6)							
Elbow Support							
Straight Arm							
Alternative Straight Arm							
Bent - Forearm Support							
Figure 4 Forearm Lock							
Double Arm Wrap (DAW)							
Double Arm Wrap (Lead and Support)							
Advanced Escort Holds (1 to 3)							
Double Arm Wrap into Front Wrist Lock							
Double Arm Wrap into Arm Entanglement							
Double Arm Wrap into Front Thumb Lock							
Managing a Situation on a Floor							
Apply Prone Secure Position using DAW - Face Down							
Apply Prone Secure Position using DAW - Face UP							
Relocation to Standing using Figure 4 Support Technique (F/Dn)							
Relocation to Standing using Figure 4 Support Technique (F/Up)							
Apply Double Arm Wrap to Prone Position							

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Description	Date	Date	Date	Date	Date	Date	Met/ Not Met
Containment of a Person Face-Up							
Containment of a Person Face up - Roofing (4 Person Team)							
Relocation to Seated Position							
Gate Release							
Holding onto Door Handle / Chair / Hand Rail (lever principal)							
Holding onto Door Handle / Chair / Hand Rail (thumb lock)							
Safeguarding Techniques							
Double Handed Strangulation from the Rear							
Single Handed grip to your Hair - Front							
Single Handed grip to your Hair - Side / Rear							
Demonstrate Releasing Techniques							
Double Handed (Butcher's Grip) Trapezius							
Straight Arm (Rolling Pin)							
Collapsing a Closed Fist (Standing)							
Demonstrate to Standing Relocation Position							
Apply Arm Entanglement to Standing Position							
Apply Front Thumb Lock to Standing Position							
Leg Lock (Figure 4)							

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