

# UKTJA - Record of Training (Upper Orange) (7th Kyu) (Level 5)



<b>Students Name:</b>	<b>Club:</b>
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Description:	Date	Date	Date	Date	Date	Met / Not Met
<b>Self Defence Kata (Strikes and Takedowns) - Section B</b>						
Gyyaku tsuki - Oshi taiooshi - Straight Punch - Knee Strike /Arm Circle to Takedown						
Gyaku tsuki - ude gaeshi - Straight Punch - Palm Strike / Arm Circle to Takedown						
Gedan tsuki - kota gaeshi - Low Punch - Turning Kick / Angle Kick / Wrist Circle						
Kagi tsuki - Osoto gari - Hook Punch Palm Strikes / Outer Major Leg Reap						
Kagi tsuki ushiro ate - Hook Punch -Elbow Strike / Rear Pull down						
<b>Self Defence Kata (Defence against Kicks) - Section C</b>						
Mae-geri - ushiro ate - (Front Kick lands infront / Avoidence Rear Pull down)						
Mae geri - shomen ate - (Fronk Kick - Avoidence Pal Strike / Leg Reap)						
Mawashi geri - Shin Block - (Turning Kick / Double Palm strike)						
Mawashi geri - Ouchi gari - (Turning Kick -Inner Leap Rear /Cell extraction -Containment postion)						

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