

UKTJA - Record of Training (Lower Brown) (2nd Kyu) (Level 10)



Students Name:	Club:
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Description:	Date	Date	Date	Date	Date	Met / Not Met
Knowledge of Standing Judo Throws - Section I						
Ippon Seio-nage (Shoulder Throw)						
Ogoshi (Major Hip Throw)						
Randori no kata - Migi (1 to 10 on the right) - Section J						
Atemi Waza - Classified as Striking Techniques (1 to 5)						
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						

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