

# UKTJA - Record of Training (Lower Orange) (8th Kyu) (Level 4)



<b>Students Name:</b>	<b>Club:</b>
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Description:	Date	Date	Date	Date	Date	Met / Not Met
<b>Ukemi (Breakfalls)</b>						
Forward Sliding Breakfall						
Forward Breakfall						
Side Breakfall						
Rear Breakfall						
Ground Defence						
Various Strikes and Blocks						
Use of Bag Work						
Sparing (strikes only)						

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