

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



Students Name:	Club:
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Description:	Date	Date	Date	Date	Date	Met / Not Met
Tanto Techniques (Sport 1 to 11) - Section F2						
Irimi nage						
Osoto makikome						
Tenkai kote hineri into Hiki otoshi						
Sumi otoshi						
(Drop) Seoi nage						
Tanto - Randori (Free Play)						
Knowledge of Standing Judo Reaps - Section G						
Osoto gari (Major outer reaping)						
Ouchi gari (Major Inner Reaping)						
Kosoto gari (Minor Inner Reaping)						
Kouchi gari (Minor Inner Reaping)						
Okuri ashi harai (Following foot sweep)						

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