

# UKTJA - Record of Achievement (1st Dan)



<b>Students Name:</b>	<b>Club</b>
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Description	Date	Date	Date	Date	Date	Date	Met/ Not Met
<b>Randori No Kata 1 - 17 (Hidari)</b>							
<b>Atemi Waza</b>							
The Atemi Waza is a set of five techniques that are classified as striking techniques.							
<b>Shomen Ate:</b> Strike from the Front							
<b>Ai-gamae Ate:</b> Strike from Same Posture							
<b>Gyaku-gamae Ate:</b> Strike from Reverse Posture							
<b>Gedan Ate:</b> Strike from Low Level							
<b>Ushiro Ate:</b> Strike from Behind							
<b>Hiji Waza</b>							
The Hiji Waza is a set of five techniques that are classified as elbow techniques.							
<b>Oshi Taoshi:</b> Pushing Topple							
<b>Ude Gaeshi:</b> Arm Reversal							
<b>Hiki Taoshi:</b> Pulling Topple							
<b>Ude Hineri:</b> Arm Twist							
<b>Waki Gatame:</b> Fixing the Side							

<b>Instructors Signature:</b>	<b>Date:</b>	<b>Students Signature:</b>	<b>Date:</b>
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Description	Date	Date	Date	Date	Date	Date	Met/ Not Met
<b>Randori No Kata 1 - 17 (Hidari) (continued)</b>							
<b>Tekubi Waza</b> The Tekubi Waza is a set of four techniques that are classified as wrist techniques.							
<b>Kote Hineri:</b> Wrist Twist							
<b>Kote Gaeshi:</b> Wrist Reversal							
<b>Tenkai Kote Hineri:</b> Rotating Wrist Twist							
<b>Shiho-nage (also called Tenkai Kote Gaeshi):</b> Rotating Wrist Reversal							
<b>Uki Waza</b> The Uki Waza is a set of three techniques that are classified as floating techniques.							
<b>Mae Otoshi:</b> Front Drop							
<b>Sumi Otoshi:</b> Corner Drop							
<b>Hiki Otoshi:</b> Pulling Drop							

<b>Instructors Signature:</b>	<b>Date:</b>	<b>Students Signature:</b>	<b>Date:</b>
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