

UKTJA Coach - Record of Achievement Lower Yellow (10th Kyu)



Students Name:	Club
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Description	Date	Date	Date	Date	Date	Date	Met/ Not Met
Defensive Techniques-Stance Posture Movement							
Contact and Withdraw - Low Level							
Contact and Withdraw - High Level							
Disengagement Techniques							
Wrist Grabs - Front - Even Grip							
Wrist Grabs - Front - Cross Grip							
Wrist Grabs - Front Double Handed Grip							
Wrist Grabs - Front Alternative Double Handed Grip - (Hook and Pull)							
Clothing Grab - Front (Single Handed Grip)							
Wrist Grabs - Rear (Double Handed Grip-Arms Straight)							
Wrist Grabs - Rear (Double Handed Grip-One Arm Bent)							
Wrist Grabs - Rear (Double Handed Grip-Both Arms Bent)							
Attempted Rear Bear Hug							
Front Double Handed Choke Exit Route to Rear (Turn and Walk)							
Front Double Handed Choke Exit Route to Rear (Swear Allegiance)							
Front Double Handed Choke Exit Route to Front (Weave)							
Front Single Hand Choke against Wall							
Forearm Choke against Wall							

Instructors Signature:	Date:	Students Signature:	Date:
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Description	Date	Date	Date	Date	Date	Date	Met/ Not Met
Basic Escort Holds (1 to 6)							
Elbow Support							
Straight Arm							
Alternative Straight Arm							
Bent - Forearm Support							
Figure 4 Forearm Lock							
Double Arm Wrap (DAW)							
Double Arm Wrap (Lead and Support)							
Advanced Escort Holds (1 to 3)							
Double Arm Wrap into Front Wrist Lock							
Double Arm Wrap into Arm Entanglement							
Double Arm Wrap into Front Thumb Lock							

Instructors Signature:	Date:	Students Signature:	Date:
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