

UKTJA Coach - Record of Achievement Brown (2nd Kyu)



Description	Date	Date	Date	Date	Date	Date	Met/ Not Met
Defence against Weapons - Section N							
Technique 1							
Technique 2							
Technique 3							
Randori No Kata 1 - 17 (Migi) - Section O							
Atemi Waza							
The Atemi Waza is a set of five techniques that are classified as striking techniques.							
Shomen Ate: Strike from the Front							
Ai-gamae Ate: Strike from Same Posture							
Gyaku-gamae Ate: Strike from Reverse Posture							
Gedan Ate: Strike from Low Level							
Ushiro Ate: Strike from Behind							
Hiji Waza							
The Hiji Waza is a set of five techniques that are classified as elbow techniques.							
Oshi Taoshi: Pushing Topple							
Ude Gaeshi: Arm Reversal							
Hiki Taoshi: Pulling Topple							
Ude Hineri: Arm Twist							
Waki Gatame: Fixing the Side							

Instructors Signature:	Date:	Students Signature:	Date:
---------------------------	-------	------------------------	-------

UKTJA Coach - Record of Achievement Lower Black (1st Kyu)



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

Instructors Signature:	Date:	Students Signature:	Date:
-----------------------------------	--------------	--------------------------------	--------------

UKTJA Coach - Record of Achievement Lower Black (1st Kyu)



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

Instructors Signature:	Date:	Students Signature:	Date:
-----------------------------------	--------------	--------------------------------	--------------

UKTJA Coach - Record of Achievement Lower Black (1st Kyu)



Description	Date	Date	Date	Date	Date	Date	Met/ Not Met
Judo Renraku - Reka Waza - Section Q							
Tai Otoshi - Ko Utchi Gari							
Uchi Mata - Ko Utchi Gari							
Uchi Mata - Tai Otoshi							
Ko Utchi Gari - Uchi Mata							
Outchi Gari - Tai Otoshi							
O Soto Gari - Harai Goshi							
Hiza Guruma - Harai Goshi							
Ne Waza No Kata - Strangle Holds - Section R							
Nami - Juji - Jime							
Gyaku - Juji - Jime							
Hadaka - Jime							
Okuri - eri - Jime							
Sodeguruma - Jime							
Tsukkomi - Jime							
Sankaku - Jime							
Kataha - Jime							
Katate - Jime							
Ryote - Jime							

Instructors Signature:	Date:	Students Signature:	Date:
-----------------------------------	--------------	--------------------------------	--------------