

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



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

Instructor's Signature:	Date:	Student's Signature:	Date:
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Students Name:

Club:**Description:**Date _____Date _____Date _____Date _____Date _____

	Met / Not Met
1. The program has been evaluated by an independent party.	
2. The program has been evaluated by a peer-reviewed journal.	
3. The program has been evaluated by a national or international organization.	
4. The program has been evaluated by a state or local government agency.	
5. The program has been evaluated by a professional association.	
6. The program has been evaluated by a research institution.	
7. The program has been evaluated by a university or college.	
8. The program has been evaluated by a non-profit organization.	
9. The program has been evaluated by a business or industry group.	
10. The program has been evaluated by a community-based organization.	
11. The program has been evaluated by a faith-based organization.	
12. The program has been evaluated by a cultural or ethnic organization.	
13. The program has been evaluated by a social service agency.	
14. The program has been evaluated by a health care provider.	
15. The program has been evaluated by a law enforcement agency.	
16. The program has been evaluated by a corrections facility.	
17. The program has been evaluated by a juvenile justice system.	
18. The program has been evaluated by a mental health provider.	
19. The program has been evaluated by a substance abuse treatment center.	
20. The program has been evaluated by a domestic violence shelter.	
21. The program has been evaluated by a sexual assault center.	
22. The program has been evaluated by a child welfare agency.	
23. The program has been evaluated by a family court.	
24. The program has been evaluated by a probate court.	
25. The program has been evaluated by a bankruptcy court.	
26. The program has been evaluated by a federal court.	
27. The program has been evaluated by a state court.	
28. The program has been evaluated by a local court.	
29. The program has been evaluated by a tribal court.	
30. The program has been evaluated by a religious court.	
31. The program has been evaluated by a military court.	
32. The program has been evaluated by a maritime court.	
33. The program has been evaluated by a commercial court.	
34. The program has been evaluated by a labor court.	
35. The program has been evaluated by a tax court.	
36. The program has been evaluated by a patent court.	
37. The program has been evaluated by a trademark court.	
38. The program has been evaluated by a copyright court.	
39. The program has been evaluated by a contract court.	
40. The program has been evaluated by a tort court.	
41. The program has been evaluated by a personal injury court.	
42. The program has been evaluated by a medical malpractice court.	
43. The program has been evaluated by a nursing home court.	
44. The program has been evaluated by a long-term care court.	
45. The program has been evaluated by a guardianship court.	
46. The program has been evaluated by a conservatorship court.	
47. The program has been evaluated by a trust court.	
48. The program has been evaluated by a will court.	
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Self Defence Kata (Grapples) - Section A

Kote mawashi - Even Grip - Wrist Turn /Straight Arm Takedown

Kote mawashi - Cross Grip - Wrist Turn Small Circle /Takedown

Shiho nage - Double Handed Grip -Arm Throw

Gyaku gamae ate - Single Clothing Grab

Oshi taioishi - Rear Double Handed Grip

Drop seoi nage - (Bear Hug / Rear Choke)

Gedan ate - (Body Drop from Bear Hug - Side Head Lock)

Waki gatame - Front Double Handed Choke into Straight Arm Takedown.

Instructor's

Signature:

Date:

Student's

Signature:

Date: