## UKTJA - Record of Training (Lower Brown) (2nd Kyu) (Level 10)



Students Name:			Club:					
Description:		Date	Date	Date	Date	Date	Met / Not Met	
Knowledge of Standing Judo Throws - Section I								
Ippon Seio-nage (Shoulder Throw)								
Ogoshi (Major Hip Throw)								
Randori no kata - Migi (1 to 5 on the right) - Sect	tion J							
Atemi Waza - Classified as Striking Techniques (1 to 5)								
Shomen ate - Strike from the front								
Aigamae ate - Strike from the same posture								
Gyaku gamae ate - Strike from reverse posture								
Gedan ate Strike from lower level								
Ushiro ate - Strike from behind								
Instructor's Signature:	Date:	Student's Signature:			Date:			