UKTJA - Record of Training (Upper Green) (5th Kyu) (Level 7)

Students Name:	Club:

Description:	Date	Date	Date	Date	Date	Met / Not Met
Tanto Techniques (Sport 1 to 6) - Section F1						
Shomen ate						
Ude garami						
Kote gaeshi						
Gedan ate						
Shiho nage						
Ushiro ate						

Instructor's Signature:	Date:	Student's Signature:	Date: