

Basic Skills Record

Name _____

Club Logo

Activity	Standard Reached (Tick)	Comment
Ukemi		
Forward		
Rear		

Footwork		
Irimi Ashi		
Tsugiashi		

Tai Sabaki		
Tenkan		
Irimi Tenkan		

Katatedori Gyakuhanmi		
Tenkan		
Irimi		
Kaiten		

Attack Delivery		
Shomen		
Yokomen		
Tsuki		

Dojo Cho _____

Date completed _____

Well done

Club _____