

Technical Elements	Observations
<input type="checkbox"/> Katatedori Iriminage (uchi)	
<input type="checkbox"/> Katatedori Kotegaeshi (gyaku-tenkan)	
<input type="checkbox"/> Morotedori Koryuho (interrupted)	
<input type="checkbox"/> Morotedori Iriminage (h2l, fukai ura)	
<input type="checkbox"/> Morotedori Koshinage (simple post)	
<input type="checkbox"/> Katadori Menuchi Kotegaeshi (uchi-tenkan)	
<input type="checkbox"/> Katadori Menuchi Koshinage (ikkyo)	
<input type="checkbox"/> U Ryotedori Sankyo (flowing, kime, omote & ura)	
<input type="checkbox"/> U Ryotedori Iriminage (flowing, tenkan)	
<input type="checkbox"/> U Ryotedori Kaitennage (flowing, omote & ura)	
<input type="checkbox"/> U Ryotedori Tenbinnage	
<input type="checkbox"/> Shomenuchi Shihonage (omote & ura)	
<input type="checkbox"/> Shomenuchi Sokumen Iriminage (uchi)	
<input type="checkbox"/> SW Shomenuchi Kotegaeshi (asai)	
<input type="checkbox"/> HHW Shomenuchi Ikkyo (omote & ura)	
<input type="checkbox"/> HHW Shomenuchi Iriminage (tenkan)	
<input type="checkbox"/> Yokomenuchi Ikkyo (irimi, omote & ura)	
<input type="checkbox"/> Yokomenuchi Nikyo (omote & ura)	
<input type="checkbox"/> SW Yokomenuchi Nikyo (omote & ura)	
<input type="checkbox"/> Yokomenuchi Sankyo (omote & ura)	
<input type="checkbox"/> SW Yokomenuchi Sankyo (omote & ura)	
<input type="checkbox"/> Yokomenuchi Yonkyo (omote & ura)	
<input type="checkbox"/> SW Yokomenuchi Yonkyo (omote & ura)	
<input type="checkbox"/> Yokomenuchi Gokyo (omote & ura)	
<input type="checkbox"/> SW Yokomenuchi Gokyo (omote & ura)	
<input type="checkbox"/> Yokomenuchi Koryunage (otoshi)	
<input type="checkbox"/> Yokomenuchi Kotegaeshi (uchi-tenkan)	
<input type="checkbox"/> Yokomenuchi Kotegaeshi (soto-tenkan)	
<input type="checkbox"/> Yokomenuchi Kaitennage (soto, omote & ura)	
<input type="checkbox"/> Yokomenuchi Sokumen Iriminage (asai)	
<input type="checkbox"/> Yokomenuchi Koshinage (uchi ikkyo kakae nage)	
<input type="checkbox"/> Henka Waza - Katatedori Nikyo (kime only) - Kaitennage (soto, ura)	
<input type="checkbox"/> Kaeshi Waza - Shihonage - Shihonage	
<input type="checkbox"/> Kaeshi Waza - Shihonage - Iriminage (tenkan)	
<input type="checkbox"/> Kaeshi Waza - Kotegaeshi - Iriminage (uchi)	
<input type="checkbox"/> Kaeshi Waza - Kotegaeshi - Kotegaeshi	
<input type="checkbox"/> Kaeshi Waza - Kotegaeshi - Tenbinnage	
<input type="checkbox"/> Kaeshi Waza - Kotegaeshi - Koshinage	
<input type="checkbox"/> Kaeshi Waza - Kotegaeshi - Hijikime	

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<input type="checkbox"/> Tantodori Yokomenuchi Iriminage (uchi)	<input type="checkbox"/> Tantodori Yokomenuchi Hijigarami
<input type="checkbox"/> Tantodori Tsuki Ushiro Kubishime	<input type="checkbox"/> Tantodori Shomenuchi Iriminage (uchi)
<input type="checkbox"/> Tachidori Shomenuchi Kokyunage	<input type="checkbox"/> Tachidori Shomenuchi Shihonage Omote
<input type="checkbox"/> Tachidori Shomenuchi Sankyo	<input type="checkbox"/> Tachidori Shomenuchi Iriminage (irimi)
<input type="checkbox"/> Tachidori Shomenuchi Tenbinnage	<input type="checkbox"/> Tachidori Shomenuchi Kotegaeshi
<input type="checkbox"/> Tachidori Shomenuchi Kiriage	<input type="checkbox"/> Tachidori Shomenuchi Iriminage (asai)
<input type="checkbox"/> Jodori Tsuki Sumiotoshi	<input type="checkbox"/> Jodori Tsuki Iriminage (irimi)
<input type="checkbox"/> Jodori Tsuki Shihonage	<input type="checkbox"/> Jodori Tsuki Sankyo
<input type="checkbox"/> Jodori Tsuki Tenbinnage	<input type="checkbox"/> Jodori Tsuki Kotegaeshi
<input type="checkbox"/> Jodori Tsuki Ikkyonage	<input type="checkbox"/> Jodori Tsuki Sokumen Iriminage
<input type="checkbox"/> FTW - Ryokataoshi Kokyunage (tenshin)	<input type="checkbox"/> FTW - Ryokataoshi Udekime
<input type="checkbox"/> FTW - Ushiro Kakaejime Ikkyo	<input type="checkbox"/> FTW - Ushiro Kakaejime Kokyunage (irimi)
<input type="checkbox"/> FTW - Kesagatame Ikkyo	<input type="checkbox"/> FTW - Hachigatame Aikiotoshi
<input type="checkbox"/> FTW - Mawashiuchi Ikkyo (omote)	<input type="checkbox"/> FTW - Mawashiuchi Ikkyo (omote) HW Kokyunage (tenkan-1)
<input type="checkbox"/> FTW - Mae Geri Sokumen Iriminage	<input type="checkbox"/> FTW - Mae Geri Sokumen Iriminage HW Ikkyo (omote)
<input type="checkbox"/> FTW - Mae Geri Sokumen Iriminage HW Sumiotoshi	<input type="checkbox"/> FTW - Mae Geri Iriminage (irimi)
<input type="checkbox"/> FTW - Mae Geri Iriminage (irimi) HW Kotegaeshi (tenkan)	
<input type="checkbox"/> <b>Hakken Waza</b>	<input type="checkbox"/> <b>Totsuzen Waza</b>
<input type="checkbox"/> Katatedori Jiyu Waza (iriminage-tenkan&asai&fukai&fukai-ura&uchi, kotegaeshi-tenkan&asai&gyaku-soto&gyaku-uchi&gyaku-tenkan, kaitennage5, shihonage ura, tenbinnage, sokumen iriminage, kokyunage5, koshinage)	
<input type="checkbox"/> Kosadori Jiyu Waza (iriminage-tenkan&uchi&asai&fukai&fukai-ura, kotegaeshi-uchi&asai&tenkan, shihonage, tenbinnage, sokumen iriminage, nikyo HW kokyunage)	
<input type="checkbox"/> Morotedori Jiyu Waza (iriminage-H2Luchi&L2Htenkan&H2Lfukai-ura, kotegaeshi-uchi&uchi-tenkan, kaitennage-H2Lsoto-ura&L2H-soto-ura, shihonage-soto-omote&soto-ura&tenkan-omote&tenkan-ura, tenbinnage-irimi&tenkan, kokyunage, nikyo-hw-kokyunage, jujinage, koshinage-kakae&simple-post)	
<input type="checkbox"/> Ryotedori Jiyu Waza (iriminage-tenkan&asai&uchi, kotegaeshi-tenkan&gyaku-soto&gyaku-tenkan, kaitennage-uchi-omote&uchi-ura, shihonage-omote&ura, tenchinage-irimi&flowing-tenkan, tenbinnage, kokyunage x 5)	
<input type="checkbox"/> Shomenuchi Jiyu Waza (iriminage-tenkan&asai&fukai&fukai-ura&irimi, kotegaeshi-tenkan&asai, kaitennage-soto-omote&soto-ura&kaiten-uchi-ura, shihonage-omote&ura, sokumen iriminage, kokyunage-kaiten, koshinage)	
<input type="checkbox"/> Yokomenuchi Jiyu Waza (iriminage-tenkan&uchi&asai&fukai&fukai-ura, kotegaeshi-uchi&uchi-tenkan&soto-tenkan&asai, kaitennage-soto-omote&soto-ura, shihonage-soto-omote&soto-ura&uchi-omote&uchi-ura, tenbinnage, sokumen iriminage-uchi&asai, kokyunage-irimi&tenshin&otoshi, koshinage-uchi-ikkyo)	
<input type="checkbox"/> Tsuki Jiyu Waza (iriminage-tenkan&irimi&fukai-ura, kotegaeshi-tenkan&asai, kaitennage-soto-omote&soto-ura&tenkan-uchi-ura, sokumen iriminage, kokyunage-sumiotoshi&osumiotoshi, koshinage)	
<input type="checkbox"/> Ushiro Ryotedori Jiyu Waza (iriminage-uchi&tenkan, kotegaeshi-uchi&uchi-tenkan, kaitennage-omote&ura, shihonage-omote&ura, tenbinnage, sokumen iriminage, kokyunage, jujinage)	
<input type="checkbox"/> <b>Katadori Menuchi Jiyu Waza (iriminage-tenkan, kotegaeshi-uchi&amp;uchi-tenkan, kaitennage-soto-ura,</b>	
<input type="checkbox"/> <b>Taki Nobori (2)</b>	<b>shihonage-omote, kokyunage-tenkan-irimi, koshinage-ikkyo)</b>
<input type="checkbox"/> <b>Ni Nin Gake (3 ways)</b>	<input type="checkbox"/> <b>Taki Nobori (3) Ryokatadori, Shomenuchi, Yokomenuchi, Tsuki</b>
<input type="checkbox"/> <b>Ryokatadori Jiyu Waza (4)</b>	<input type="checkbox"/> <b>Zagi Kokyuhō</b>

General Comments: