

General Elements					
Nage/Tori (test candidate)					
Kamae	1	2	3	4	5
(ready stance)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Zanshin	1	2	3	4	5
(composed ending posture)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ippo no Maai	1	2	3	4	5
(distance of 1 step)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Left-Right balance	1	2	3	4	5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Uke (test candidate)					
Correct attacks	1	2	3	4	5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Following & Connection	1	2	3	4	5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mae Ukemi	1	2	3	4	5
(correct shoulder, not barrel)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoko Ukemi	1	2	3	4	5
(in all possible circumstances)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tap when pin complete	1	2	3	4	5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Uke (not test candidate)					
Kamae	1	2	3	4	5
(ready stance)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ippo no Maai	1	2	3	4	5
(distance of 1 step)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Left-Right balance	1	2	3	4	5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Correct attacks	1	2	3	4	5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Following & Connection	1	2	3	4	5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mae Ukemi	1	2	3	4	5
(correct shoulder, not barrel)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoko Ukemi	1	2	3	4	5
(in all possible circumstances)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tap when pin complete	1	2	3	4	5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Technical Elements	Observations
Nage/Tori (test candidate)	
<input type="checkbox"/> Katatedori Kokyunage 1st (irimi) *	#1 12.5 hrs
<input type="checkbox"/> Katatedori Kokyunage 2nd (tenshin)	
<input type="checkbox"/> Katatedori Kokyunage 3rd (sumiotoshi) *	
<input type="checkbox"/> <b>Katatedori Kokyunage 4th (sumiotoshi) *</b>	
<input type="checkbox"/> Katatedori Kaitennage (uchi omote) *	
<input type="checkbox"/> Katatedori Kaitennage (uchi, ura) *	
<input type="checkbox"/> <b>Katatedori Kaitennage (soto, omote) *</b>	
<input type="checkbox"/> Morotedori Kokyunage 1st (irimi)	
<input type="checkbox"/> Morotedori Ikkyo (low to high, omote)	
<input type="checkbox"/> Morotedori Ikkyo (low to high, ura)	
<input type="checkbox"/> <b>Morotedori Tenbinnage (irimi)</b>	#2 25 hrs
<input type="checkbox"/> Kosadori Ikkyo (omote)	
<input type="checkbox"/> Kosadori Ikkyo (ura)	
<input type="checkbox"/> Kosadori Iriminage (tenkan)	
<input type="checkbox"/> <b>Kosadori Iriminage (uchi)</b>	
<input type="checkbox"/> Kosadori Sokumen Iriminage	
<input type="checkbox"/> Katadori Kokyunage (tenshin)	
<input type="checkbox"/> <b>Katadori Sokumen Iriminage</b>	
<input type="checkbox"/> <b>Katadori Menuchi Ikkyo (irimi, omote) *</b>	
<input type="checkbox"/> <b>Ryotedori Kokyunage 1st (irimi)</b>	
<input type="checkbox"/> <b>Ryotedori Kaitennage (uchi, omote &amp; ura)</b>	#3 37.5 hrs
<input type="checkbox"/> <b>Ushiro Ryotedori Kokyunage (otoshi)</b>	
<input type="checkbox"/> Shomenuchi Ikkyo (omote)	
<input type="checkbox"/> Shomenuchi Ikkyo (ura)	
<input type="checkbox"/> <b>Shomenuchi Iriminage (tenkan)</b>	
<input type="checkbox"/> SW Shomenuchi Ikkyo (omote)	
<input type="checkbox"/> SW Shomenuchi Ikkyo (ura)	
<input type="checkbox"/> <b>SW Shomenuchi Iriminage (tenkan)</b>	
<input type="checkbox"/> Tsuki Ikkyo (tenshin, omote)	
<input type="checkbox"/> Tsuki Ikkyo (tenshin, ura)	
<input type="checkbox"/> <b>Tsuki Iriminage (tenkan)</b>	#4 50 hrs
<input type="checkbox"/> FTW - Ryokataoshi Kokyunage (tenshin)	
<input type="checkbox"/> FTW - Ushiro Kakaenjime Ikkyo	
<input type="checkbox"/> FTW - Ushiro Kakaenjime Kokyunage (irimi)	
<input type="checkbox"/> <b>FTW - Kesagatame Ikkyo</b>	
<input type="checkbox"/> <b>Katatedori Jiyu Waza (kokyunage x 4, kaitennage x 3) *</b>	
<input type="checkbox"/> <b>Taki Nobori (1) *</b>	
<input type="checkbox"/> <b>Zagi Koryuho</b>	

\* Technique requires Metsubushi / Atemi