

General Elements						Technical Elements		Observations			
Nage/Tori (test candidate)						Nage/Tori (test candidate)					
Kamae	1	2	3	4	5	<input type="checkbox"/>	Katatedori Kokyunage (5) *		#1 30 hrs		
(ready stance)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Katatedori Kaitennage (uchi omote & uchi ura & soto omote & soto ura) *				
Zanshin	1	2	3	4	5	<input type="checkbox"/>	Katatedori Kaitennage (tenkan, uchi, ura) *				
(composed ending posture)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Katatedori Sokumen Iriminage				
Ippo no Maai	1	2	3	4	5	<input type="checkbox"/>	Katatedori Ikkyo (omote & ura)				
(distance of 1 step)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Katatedori Shihonage (static, omote & ura)				
Left-Right balance	1	2	3	4	5	<input type="checkbox"/>	Katatedori Udekime (uchi) *				
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Katatedori Iriminage (tenkan)				
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Katatedori Iriminage (asai)				
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Katatedori Kotegaeshi (tenkan)				
Uke (test candidate)						<input type="checkbox"/>	Katatedori Kotegaeshi (asai)		#2 60 hrs		
Correct attacks	1	2	3	4	5	<input type="checkbox"/>	Katatedori Kotegaeshi (gyaku-soto)				
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	HHW Katatedori Kaitennage (uchi omote & soto ura) *				
Following & Connection	1	2	3	4	5	<input type="checkbox"/>	U Katatedori Kubishime Sankyo (static, omote)				
Mae Ukemi	1	2	3	4	5	<input type="checkbox"/>	<input type="checkbox"/>			Morotedori Kokyunage 1st (irimi)	
(correct shoulder, not barrel)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			Morotedori Ikkyo (low to high, omote & ura)	
Yoko Ukemi	1	2	3	4	5	<input type="checkbox"/>	<input type="checkbox"/>			Morotedori Yonkyo (low to high, omote & ura)	
(in all possible circumstances)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			Morotedori Iriminage (low to high, tenkan)	
Tap when pin complete	1	2	3	4	5	<input type="checkbox"/>	<input type="checkbox"/>			Morotedori Iriminage (high to low, uchi)	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			Morotedori Kotegaeshi (uchi)	
Uke (not test candidate)						<input type="checkbox"/>	Morotedori Shihonage (soto, omote & ura)		#2 60 hrs		
Kamae	1	2	3	4	5	<input type="checkbox"/>	<input type="checkbox"/>			Morotedori Tenbinnage (irimi & tenkan)	
(ready stance)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			Kosadori Ikkyo (omote & ura)	
Ippo no Maai	1	2	3	4	5	<input type="checkbox"/>	<input type="checkbox"/>			Kosadori Nikyo (kime only)	
(distance of 1 step)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			Kosadori Iriminage (tenkan)	
Left-Right balance	1	2	3	4	5	<input type="checkbox"/>	<input type="checkbox"/>			Kosadori Iriminage (uchi)	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			Kosadori Iriminage (asai)	
Correct attacks	1	2	3	4	5	<input type="checkbox"/>	<input type="checkbox"/>			Kosadori Iriminage (fukai)	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			Kosadori Sokumen Iriminage	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			Kosadori Kotegaeshi (uchi)	
Following & Connection	1	2	3	4	5	<input type="checkbox"/>	<input type="checkbox"/>	Kosadori Kotegaeshi (asai)			
Mae Ukemi	1	2	3	4	5	<input type="checkbox"/>	<input type="checkbox"/>	Kosadori Kotegaeshi (tenkan)			
(correct shoulder, not barrel)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Kosadori Shihonage (omote)			
Yoko Ukemi	1	2	3	4	5	<input type="checkbox"/>	<input type="checkbox"/>	Katadori Kokyunage (tenshin)			
(in all possible circumstances)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Katadori Sokumen Iriminage			
Tap when pin complete	1	2	3	4	5	<input type="checkbox"/>	<input type="checkbox"/>	Katadori Ikkyo (omote & ura) *			
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SW Katadori Ikkyo (omote & ura) *			
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Katadori Menuchi Ikkyo (irimi, omote) *			
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ryotedori Kokyunage 1st (irimi)			
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ryotedori Kokyunage 2nd (tenshin)			
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ryotedori Kokyunage 3rd (sumiotoshi)			

Technical Elements	Observations	
Nage/Tori (test candidate)		
<input type="checkbox"/> Ryotedori Kaitennage (uchi omote & uchi ura) <input type="checkbox"/> Ryotedori Tenbinnage (flowing) <input type="checkbox"/> Ryotedori Tenchinage (static) <input type="checkbox"/> Ryotedori Tenchinage (irimi) <input type="checkbox"/> Ryotedori Ikkyo (static, omote & ura) <input type="checkbox"/> Ryotedori Iriminage (tenkan) <input type="checkbox"/> Ryotedori Iriminage (asai) <input type="checkbox"/> Ryotedori Iriminage (uchi) <input type="checkbox"/> Ryotedori Kotegaeshi (tenkan) <input type="checkbox"/> Ushiro Ryotedori Kokyunage (otoshi) <input type="checkbox"/> U Ryotedori Sankyo (static, omote) <input type="checkbox"/> Ryokatadori Aikiotoshi <input type="checkbox"/> Ryokatadori Kokyunage (tenshin) <input type="checkbox"/> Ushiro Ryokatadori Kokyunage <input type="checkbox"/> Shomenuchi Ikkyo (omote & ura) <input type="checkbox"/> Shomenuchi Iriminage (tenkan) <input type="checkbox"/> Shomenuchi Kaitennage (soto, omote & ura) <input type="checkbox"/> SW Shomenuchi Ikkyo (omote & ura) <input type="checkbox"/> SW Shomenuchi Iriminage (tenkan)	<input type="checkbox"/> Yokomenuchi Kokyunage (sumiotoshi) * <input type="checkbox"/> Yokomenuchi Sokumen Iriminage (uchi) * <input type="checkbox"/> Tsuki Ikkyo (tenshin, omote & ura) <input type="checkbox"/> Tsuki Sokumen Iriminage	#3 90 hrs
<input type="checkbox"/> FTW - Ryokataoshi Kokyunage (tenshin) <input type="checkbox"/> FTW - Ushiro Kakaejime Ikkyo <input type="checkbox"/> FTW - Kesagatame Ikkyo <input type="checkbox"/> FTW - Mawashiuchi Ikkyo (omote) <input type="checkbox"/> FTW - Mae Geri Sokumen Iriminage HW Ikkyo (omote) <input type="checkbox"/> FTW - Mae Geri Iriminage (irimi) <input type="checkbox"/> Katatedori Jiyu Waza (iriminage-tenkan&asai, kotegaeshi-tenkan&asai&gyaku-soto, kaitennage5, shihonage ura, sokumen iriminage, kokyunage5) * <input type="checkbox"/> Kosadori Jiyu Waza (iriminage-tenkan&uchi&asai&fukai, kotegaeshi-uchi&asai&tenkan, shihonage, sokumen iriminage) <input type="checkbox"/> Morotedori Jiyu Waza (iriminage-H2Luchi&L2Htenkan, kotegaeshi-uchi, shihonage-soto-omote&soto-ura, tenbinnage-irimi&tenkan, kokyunage) <input type="checkbox"/> Ryotedori Jiyu Waza (iriminage-tenkan&asai&uchi, kotegaeshi-tenkan, kaitennage-uchi-omote&uchi-ura, tenchinage-irimi, tenbinnage, kokyunage3) <input type="checkbox"/> Taki Nobori (1) * <input type="checkbox"/> Ni Nin Gake (irimi otoshi) <input type="checkbox"/> Ryokatadori Jiyu Waza (2) <input type="checkbox"/> Zagi Kokyuho	<input type="checkbox"/> FTW - Ryokataoshi Udekime <input type="checkbox"/> FTW - Ushiro Kakaejime Kokyunage (irimi) <input type="checkbox"/> FTW - Hachigatame Aikiotoshi <input type="checkbox"/> FTW - Mae Geri Sokumen Iriminage <input type="checkbox"/> FTW - Mae Geri Sokumen Iriminage HW Sumiotoshi <input type="checkbox"/> Hakken Waza	

* Technique requires Metsubushi / Atemi