

General Elements					
Nage/Tori (test candidate)					
Kamae (ready stance)	1	2	3	4	5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Zanshin (composed ending posture)	1	2	3	4	5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ippo no Maai (distance of 1 step)	1	2	3	4	5
	<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 (correct shoulder, not barrel)	1	2	3	4	5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoko Ukemi (in all possible circumstances)	1	2	3	4	5
	<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 (ready stance)	1	2	3	4	5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ippo no Maai (distance of 1 step)	1	2	3	4	5
	<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 (correct shoulder, not barrel)	1	2	3	4	5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoko Ukemi (in all possible circumstances)	1	2	3	4	5
	<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 Iriminage (fukai ura)	#1 50 hrs
<input type="checkbox"/> Katatedori Tenbinnage	
<input type="checkbox"/> Morotedori Kokyuho (flowing)	
<input type="checkbox"/> Morotedori Kotegaeshi (uchi-tenkan)	
<input type="checkbox"/> Morotedori Nikyo HW Kokyunage (otoshi)	
<input type="checkbox"/> Katadori Menuchi Ikkyo (tenkan, omote & ura) *	
<input type="checkbox"/> Katadori Menuchi Iriminage (tenkan) *	
<input type="checkbox"/> Katadori Menuchi Kotegaeshi (uchi) *	
<input type="checkbox"/> Katadori Menuchi Kaitennage (soto, ura) *	
<input type="checkbox"/> Katadori Menuchi Shihonage (omote) *	
<input type="checkbox"/> Ryotedori Kotegaeshi (gyaku-tenkan-uchi)	#2 100 hrs
<input type="checkbox"/> HHW Ryotedori Shihonage (omote & ura)	
<input type="checkbox"/> U Ryotedori Iriminage (uchi)	
<input type="checkbox"/> U Ryotedori Kotegaeshi (flowing, uchi-tenkan)	
<input type="checkbox"/> U Ryotedori Jujinage	
<input type="checkbox"/> HHW U Ryokatadori Kokyunage	
<input type="checkbox"/> Shomenuchi Nikyo (omote & ura)	
<input type="checkbox"/> SW Shomenuchi Nikyo (omote & ura)	
<input type="checkbox"/> Shomenuchi Sankyo (omote & ura)	
<input type="checkbox"/> SW Shomenuchi Sankyo (omote & ura)	
<input type="checkbox"/> Shomenuchi Yonkyo (omote & ura)	#3 150 hrs
<input type="checkbox"/> SW Shomenuchi Yonkyo (omote & ura)	
<input type="checkbox"/> Shomenuchi Kokyunage (kaiten, sumiotoshi) *	
<input type="checkbox"/> Shomenuchi Koshinage (kaiten sankyo) *	
<input type="checkbox"/> Shomenuchi Sokumen Iriminage	
<input type="checkbox"/> Yokomenuchi Iriminage (fukai)	
<input type="checkbox"/> Yokomenuchi Kotegaeshi (asai)	
<input type="checkbox"/> Yokomenuchi Koshinage (uchi ikkyo) *	
<input type="checkbox"/> Tsuki Iriminage (fukai ura) *	
<input type="checkbox"/> Tsuki Kokyunage (osumiotoshi)	
<input type="checkbox"/> Henka Waza - Shomenuchi Ikkyo (omote) - Sokumen Iriminage	
<input type="checkbox"/> Kaeshi Waza - Nikyo (ura) - Sankyo (kime)	
<input type="checkbox"/> Kaeshi Waza - Nikyo (ura) - Hijikime	
<input type="checkbox"/> Kaeshi Waza - Nikyo (ura) - Shihonage (omote)	
<input type="checkbox"/> Kaeshi Waza - Sankyo (kime) - Shihonage (omote)	
<input type="checkbox"/> Kaeshi Waza - Sankyo (kime) - Sankyo (omote)	
<input type="checkbox"/> Kaeshi Waza - Sankyo (kime) - Tenbinnage	
<input type="checkbox"/> Kaeshi Waza - Yonkyo - Kokyuho	

* Technique requires Metsubushi / Atemi

Technical Elements Observations		Nage/Tori (test candidate)
<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"/>	Hakken Waza	Totsuzen Waza
<input type="checkbox"/>	Tantodori Yokomenuchi Gokyo (asai ura, fukai ura) *	Tantodori Yokomenuchi Shihonage (omote & ura) *
<input type="checkbox"/>	Tantodori Yokomenuchi Kotegaeshi (tenkan) *	Tantodori Tsuki Hijikime
<input type="checkbox"/>	Tantodori Tsuki Kotegaeshi (asai)	Tantodori Tsuki Sankyo
<input type="checkbox"/>	Tantodori Shomenuchi Gokyo (asai ura, fukai ura)	Tantodori Shomenuchi Kotegaeshi
<input type="checkbox"/>	Katatedori Jiyu Waza (iriminage-tenkan&asai&fukai&fukai-ura, kotegaeshi-tenkan&asai&gyaku-soto&gyaku-uchi, 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, 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)	
<input type="checkbox"/>	Ryotedori Jiyu Waza (iriminage-tenkan&asai&uchi, kotegaeshi-tenkan&gyaku-soto&gyaku-tenkan-uchi, kaitennage-uchi-omote&uchi-ur 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, sokumen iriminage, kokyunage-kaiten, koshinage)	
<input type="checkbox"/>	Yokomenuchi Jiyu Waza (iriminage-tenkan&uchi&asai&fukai&fukai-ura, kotegaeshi-uchi&asai, shihonage-soto-omote&soto-ura&uchi-omote&uchi-ura, tenbinnage, sokumen iriminage-uchi, kokyunage2, koshinage) *	
<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, kotegaeshi-uchi&uchi-tenkan, shihonage-omote&ura, sokumen iriminage, kokyunage, jujinage)	
<input type="checkbox"/>	Taki Nobori (1) *	
<input type="checkbox"/>	Taki Nobori (2) * Ryokatadori, Shomenuchi, Yokomenuchi, Tsuki	
<input type="checkbox"/>	Ni Nin Gake (3 ways)	
<input type="checkbox"/>	Ryokatadori Jiyu Waza (3)	
<input type="checkbox"/>	Zagi Kokyuho	

#4
20
hrs

* Technique requires Metsubushi / Atemi