

Technical Elements	Observations
<input type="checkbox"/> Katatedori Iriminage (fukai ura)	
<input type="checkbox"/> Katatedori Tenbinnage	
<input type="checkbox"/> Morotedori Kokyuhō (flowing)	
<input type="checkbox"/> Morotedori Kotegaeshi (uchi-tenkan)	
<input type="checkbox"/> Morotedori Nikyō HW Kokyunage (otoshi)	
<input type="checkbox"/> Katadori Menuchi Ikkyō (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)	
<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 Nikyō (omote & ura)	
<input type="checkbox"/> SW Shomenuchi Nikyō (omote & ura)	
<input type="checkbox"/> Shomenuchi Sankyō (omote & ura)	
<input type="checkbox"/> SW Shomenuchi Sankyō (omote & ura)	
<input type="checkbox"/> Shomenuchi Yonkyō (omote & ura)	
<input type="checkbox"/> SW Shomenuchi Yonkyō (omote & ura)	
<input type="checkbox"/> Shomenuchi Kokyunage (kaiten, sumiotoshi)	
<input type="checkbox"/> Shomenuchi Koshinage (kaiten sankyō)	
<input type="checkbox"/> Shomenuchi Sokumen Iriminage	
<input type="checkbox"/> Yokomenuchi Iriminage (fukai)	
<input type="checkbox"/> Yokomenuchi Kotegaeshi (asai)	
<input type="checkbox"/> Yokomenuchi Koshinage (uchi ikkyō)	
<input type="checkbox"/> Tsuki Iriminage (fukai ura)	
<input type="checkbox"/> Tsuki Kokyunage (osumiotoshi)	
<input type="checkbox"/> Henka Waza - Shomenuchi Ikkyō (omote) - Sokumen Iriminage	
<input type="checkbox"/> Kaeshi Waza - Nikyō (ura) - Sankyō (kime)	
<input type="checkbox"/> Kaeshi Waza - Nikyō (ura) - Hijikime	
<input type="checkbox"/> Kaeshi Waza - Nikyō (ura) - Shihonage (omote)	
<input type="checkbox"/> Kaeshi Waza - Sankyō (kime) - Shihonage (omote)	
<input type="checkbox"/> Kaeshi Waza - Sankyō (kime) - Sankyō (omote)	
<input type="checkbox"/> Kaeshi Waza - Sankyō (kime) - Tenbinnage	
<input type="checkbox"/> Kaeshi Waza - Yonkyō - Kokyuhō	

Technical Elements	Observations
<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)
<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>	<b>Totsuzen Waza</b>
<input type="checkbox"/> <b>Tantodori Yokomenuchi Gokyo (asai ura, fukai ura)</b>	<b>Tantodori Yokomenuchi Shihonage (omote &amp; ura)</b>
<input type="checkbox"/> <b>Tantodori Yokomenuchi Kotegaeshi (tenkan)</b>	<b>Tantodori Tsuki Hijikime</b>
<input type="checkbox"/> <b>Tantodori Tsuki Kotegaeshi (asai)</b>	<b>Tantodori Tsuki Sankyo</b>
<input type="checkbox"/> <b>Tantodori Shomenuchi Gokyo (asai ura, fukai ura)</b>	<b>Tantodori Shomenuchi Kotegaeshi</b>
<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, kujinage, koshinage)	
<input type="checkbox"/> Ryotedori Jiyu Waza (iriminage-tenkan&asai&uchi, kotegaeshi-tenkan&gyaku-soto&gyaku-tenkan-uchi, 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, 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"/> <b>Ushiro Ryotedori Jiyu Waza (iriminage-uchi, kotegaeshi-uchi&amp;uchi-tenkan, shihonage-omote&amp;ura, sokumen iriminage, kokyunage, kujinage)</b>	
<input type="checkbox"/> <b>Taki Nobori (1)</b>	
<input type="checkbox"/> <b>Taki Nobori (2) Ryokatadori, Shomenuchi, Yokomenuchi, Tsuki</b>	
<input type="checkbox"/> <b>Ni Nin Gake (3 ways)</b>	
<input type="checkbox"/> <b>Ryokatadori Jiyu Waza (3)</b>	
<input type="checkbox"/> <b>Zagi Kokyuho</b>	

General Comments: