

Technical Elements	Observations
<input type="checkbox"/> Katatedori Kokyunage (sumiotoshi)	
<input type="checkbox"/> Katatedori Kokyunage (irimi)	
<input type="checkbox"/> Katatedori Kokyunage (tenshin)	
<input type="checkbox"/> Katatedori Kokyunage (tenkan-sumiotoshi)	
<input type="checkbox"/> Katatedori Kokyunage (osumiotoshi)	
<input type="checkbox"/> Katatedori Kaitennage (uchi-omote)	
<input type="checkbox"/> Katatedori Kaitennage (uchi-ura)	
<input type="checkbox"/> Katatedori Kaitennage (soto-omote)	
<input type="checkbox"/> Katatedori Kaitennage (soto-ura)	
<input type="checkbox"/> [static] Katatedori Sokumen Iriminage	
<input type="checkbox"/> HHW Katatedori Kaitennage (uchi-omote)	
<input type="checkbox"/> HHW Katatedori Kaitennage (soto-ura)	
<input type="checkbox"/> [high to low] Morotedori Kokyunage (soto-tenkan)	
<input type="checkbox"/> [low to high] Morotedori Ikkyo (soto-tenkan-omote)	
<input type="checkbox"/> [low to high] Morotedori Ikkyo (soto-tenkan-ura)	
<input type="checkbox"/> [low to high] Morotedori Iriminage (tenkan)	
<input type="checkbox"/> [high to low] Morotedori Iriminage (uchi)	
<input type="checkbox"/> [high to low] Morotedori Tenbinnage (irimi)	
<input type="checkbox"/> [high to low] Morotedori Tenbinnage (tenkan)	
<input type="checkbox"/> Kosadori Ikkyo (omote)	
<input type="checkbox"/> Kosadori Ikkyo (ura)	
<input type="checkbox"/> Kosadori Iriminage (tenkan)	
<input type="checkbox"/> [pu] Kosadori Iriminage (uchi)	
<input type="checkbox"/> Kosadori Iriminage (asai)	
<input type="checkbox"/> [pu, static] Kosadori Sokumen Iriminage	
<input type="checkbox"/> [pu] Kosadori Kotegaeshi (uchi)	
<input type="checkbox"/> [pu] Kosadori Kotegaeshi (asai)	
<input type="checkbox"/> [pu] Kosadori Kotegaeshi (tenkan)	
<input type="checkbox"/> [pu] Kosadori Shihonage (omote)	

General Comments:

Technical Elements	Observations
<input type="checkbox"/> Katadori Kokyunage (tenshin)	
<input type="checkbox"/> [static] Katadori Sokumen Iriminage	
<input type="checkbox"/> Katadori Ikkyo (omote & ura)	
<input type="checkbox"/> SW Katadori Ikkyo (omote & ura)	
<input type="checkbox"/> Katadori Menuchi Ikkyo (irimi-omote)	
<input type="checkbox"/> Ryotedori Kokyunage (sumiotoshi)	
<input type="checkbox"/> Ryotedori Kokyunage (irimi)	
<input type="checkbox"/> Ryotedori Kaitennage (uchi-omote & uchi-ura)	
<input type="checkbox"/> Ryotedori TENCHINAGE (irimi)	
<input type="checkbox"/> [static or flowing] Ushiro Ryotedori Kokyunage (otoshi)	
<input type="checkbox"/> Ryokatadori Aikiotoshi	
<input type="checkbox"/> Ushiro Ryokatadori Kokyunage	
<input type="checkbox"/> Shomenuchi Ikkyo (omote)	
<input type="checkbox"/> Shomenuchi Ikkyo (ura)	
<input type="checkbox"/> Shomenuchi Iriminage (tenkan)	
<input type="checkbox"/> SW Shomenuchi Ikkyo (omote)	
<input type="checkbox"/> SW Shomenuchi Ikkyo (ura)	
<input type="checkbox"/> SW Shomenuchi Iriminage (tenkan)	
<input type="checkbox"/> Yokomenuchi Kokyunage (sumiotoshi)	
<input type="checkbox"/> Tsuki Ikkyo (tenshin-omote)	
<input type="checkbox"/> Tsuki Ikkyo (tenshin-ura)	
<input type="checkbox"/> Tsuki Iriminage (tenkan)	
<input type="checkbox"/> Tsuki Iriminage (irimi)	
<input type="checkbox"/> Tsuki Sokumen Iriminage	
<input type="checkbox"/> FTW - Ryokataoshi Kokyunage (tenkan)	
<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 - Mae Geri Sokumen Iriminage	
<input type="checkbox"/> FTW - Hachigatame Aikiotoshi	
<input type="checkbox"/> Katatedori Jiyu Waza (kokyunage 5, kaitennage 4, sokumen iriminage)	
<input type="checkbox"/> Kosadori Jiyu Waza (iriminage-tenkan&uchi&asai, kotegaeshi-uchi&asai&tenkan, shihonage-omote, sokumen iriminage)	
<input type="checkbox"/> Taki Nobori (1) 10 attacks	
<input type="checkbox"/> Zagi Koryuho	