

Technical Elements	Observations
<input type="checkbox"/> Mae Shikko (forwards knee walking)	
<input type="checkbox"/> Ushiro Shikko (backwards knee walking)	
<input type="checkbox"/> <b>Kaiten Shikko (spinning knee walking)</b>	
<input type="checkbox"/> Yoko Ukemi (sideways roll) - standing	
<input type="checkbox"/> Ichi kara Ju made Kazoeru (counting 1-20)	
<input type="checkbox"/> Migi Hanmi (right stance)	
<input type="checkbox"/> Hidari Hanmi (left stance)	
<input type="checkbox"/> Irimi-1 (sliding forward)	
<input type="checkbox"/> Irimi-2 (stepping forward)	
<input type="checkbox"/> Yoko Ashi (side step)	
<input type="checkbox"/> Tenshin-1 (sliding back)	
<input type="checkbox"/> Tenshin-2 (stepping back)	
<input type="checkbox"/> Yoko Ashi (side step)	
<input type="checkbox"/> Tenkan-1 (pivoting)	
<input type="checkbox"/> Tenkan-2 (turning)	
<input type="checkbox"/> Tenkan-1 (pivoting)	
<input type="checkbox"/> Tenkan-2 (turning)	
<input type="checkbox"/> Obi Musubi (belt tying)	
<input type="checkbox"/> <b>Mae Ukemi (forwards roll) - standing</b>	
<input type="checkbox"/> Dojo no Reigi Saho (dojo etiquette)	
<input type="checkbox"/> Ai Hanmi	
<input type="checkbox"/> Gyaku Hanmi	
<input type="checkbox"/> Ippo no Maai	
<input type="checkbox"/> Katatedori Kokyunage (sumiotoshi)	
<input type="checkbox"/> <b>Katatedori Kokyunage (irimi)</b>	
<input type="checkbox"/> <b>[high to low] Morotedori Kokyunage (soto-tenkan)</b>	
<input type="checkbox"/> Kosadori Ikkyo (omote)	
<input type="checkbox"/> Kosadori Ikkyo (ura)	
<input type="checkbox"/> <b>Shomenuchi Ikkyo (omote)</b>	
<input type="checkbox"/> <b>Shomenuchi Ikkyo (ura)</b>	
<input type="checkbox"/> <b>SW Shomenuchi Ikkyo (omote)</b>	
<input type="checkbox"/> <b>SW Shomenuchi Ikkyo (ura)</b>	
<input type="checkbox"/> <b>Yokomenuchi Kokyunage (sumiotoshi)</b>	
<input type="checkbox"/> FTW - Ryokataoshi Kokyunage (tenkan)	
<input type="checkbox"/> <b>FTW - Ushiro Kakaejime Ikkyo</b>	
<input type="checkbox"/> <b>Taki Nobori (1) 6 attacks</b>	
<input type="checkbox"/> <b>Zagi Kokyuho</b>	

General Comments: