

Technical Elements	Observations
<input type="checkbox"/> Katatedori Kokyunage (sumiotoshi, irimi, tenshin, tenkan, tenkan-sumiotoshi, osumiotoshi)	
<input type="checkbox"/> Katatedori Kaitennage (uchi-omote, uchi-ura, soto-omote, soto-ura, tenkan-uchi-omote, tenkan-uchi-ura)	
<input type="checkbox"/> [flowing] Katatedori Sokumen Iriminage	
<input type="checkbox"/> [static] Katatedori Ikkyo (omote, ura)	
<input type="checkbox"/> [static] Katatedori Shihonage (omote, ura)	
<input type="checkbox"/> Katatedori Udekime (uchi)	
<input type="checkbox"/> Katatedori Iriminage (tenkan, asai, fukai)	
<input type="checkbox"/> Katatedori Kotegaeshi (tenkan, asai, gyaku-soto)	
<input type="checkbox"/> HHW Katatedori Kaitennage (uchi-omote, soto-ura)	
<input type="checkbox"/> [static] U Katatedori Kubishime Sankyo (omote)	
<input type="checkbox"/> [high to low] Morotedori Kokyunage (soto-tenkan)	
<input type="checkbox"/> [low to high] Morotedori Ikkyo (soto-tenkan-omote, soto-tenkan-ura)	
<input type="checkbox"/> [low to high] Morotedori Yonkyo (soto-tenkan-omote, soto-tenkan-ura)	
<input type="checkbox"/> [low to high] Morotedori Iriminage (tenkan, asai) & [high to low] Morotedori Iriminage (uchi)	
<input type="checkbox"/> [high to low] Morotedori Kotegaeshi (uchi)	
<input type="checkbox"/> [static] Morotedori Shihonage (soto-omote, soto-ura)	
[high to low] Morotedori Shihonage (tenkan-omote, tenkan-ura)	
<input type="checkbox"/> [high to low] Morotedori Tenbinnage (irimi, tenkan)	
<input type="checkbox"/> [high to low] Morotedori Koshinage (tenkan-kakaenage)	
<input type="checkbox"/> Kosadori Ikkyo (omote, ura)	
<input type="checkbox"/> Kosadori Nikyo (kime only)	
<input type="checkbox"/> Kosadori Nikyo HW Kokyunage (otoshi)	
<input type="checkbox"/> Kosadori Iriminage (tenkan, [pu] uchi, asai, [pu] fukai, [pu] fukai-ura)	
<input type="checkbox"/> [flowing] Kosadori Sokumen Iriminage	
<input type="checkbox"/> [pu] Kosadori Kotegaeshi (uchi, asai, tenkan)	
<input type="checkbox"/> [pu] Kosadori Shihonage (omote)	
<input type="checkbox"/> [pu] Kosadori Tenbinnage (kaiten)	
<input type="checkbox"/> Katadori Kokyunage (tenshin)	
<input type="checkbox"/> [flowing] 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"/> [static] Ryotedori Kokyuhō	
<input type="checkbox"/> Ryotedori Kokyunage (sumiotoshi, irimi, tenshin, tenkan-sumiotoshi)	
<input type="checkbox"/> Ryotedori Kaitennage (uchi-omote, uchi-ura)	
<input type="checkbox"/> Ryotedori Tenbinnage (tenkan-uchi-omote)	
<input type="checkbox"/> Ryotedori Shihonage (tenkan-omote, tenkan-ura)	
[static] Ryotedori Tenchinage	
<input type="checkbox"/> Ryotedori Tenchinage (irimi, tenkan)	
<input type="checkbox"/> [static] Ryotedori Ikkyo (omote, ura)	
<input type="checkbox"/> Ryotedori Iriminage (tenkan, asai, uchi)	
<input type="checkbox"/> Ryotedori Kotegaeshi (tenkan & gyaku-soto)	

Technical Elements	Observations
<input type="checkbox"/> [flowing] Ushiro Ryotedori Kokyunage (otoshi)	<input type="checkbox"/> U Ryotedori Sankyo (static, omote)
<input type="checkbox"/> U Ryotedori Sankyo (flowing, omote & ura)	<input type="checkbox"/> Ryokatadori Aikiotoshi
<input type="checkbox"/> Ryokatadori Kokyunage (tenshin)	<input type="checkbox"/> Ryokatadori Iriminage (irimi)
<input type="checkbox"/> U Ryokatadori Kokyunage	<input type="checkbox"/> U Ryokatadori Sokumen Iriminage
<input type="checkbox"/> Shomenuchi Ikkyo (omote & ura)	<input type="checkbox"/> Shomenuchi Iriminage (tenkan & asai & fukai-ura)
<input type="checkbox"/> Shomenuchi Kotegaeshi (tenkan)	<input type="checkbox"/> Shomenuchi Kotegaeshi (asai)
<input type="checkbox"/> Shomenuchi Kaitennage (soto, omote+ura & kaiten, uchi, ura)	<input type="checkbox"/> SW Shomenuchi Ikkyo (omote & ura)
<input type="checkbox"/> SW Shomenuchi Iriminage (tenkan)	<input type="checkbox"/> Yokomenuchi Ikkyo (soto, omote & ura)
<input type="checkbox"/> SW Yokomenuchi Ikkyo (omote & ura)	<input type="checkbox"/> Yokomenuchi Kokyunage (sumiotoshi & tenshin)
<input type="checkbox"/> Yokomenuchi Sokumen Iriminage (uchi)	<input type="checkbox"/> Yokomenuchi Iriminage (tenkan)
<input type="checkbox"/> Yokomenuchi Iriminage (uchi)	<input type="checkbox"/> Yokomenuchi Kotegaeshi (uchi)
<input type="checkbox"/> Tsuki Ikkyo (tenshin, omote & ura)	<input type="checkbox"/> Yokomenuchi Shihonage (soto, omote+ura & uchi, omote+ur
<input type="checkbox"/> Tsuki Nikyo (omote & ura)	<input type="checkbox"/> Tsuki Iriminage (tenkan & irimi)
<input type="checkbox"/> Tsuki Sokumen Iriminage	<input type="checkbox"/> Tsuki Kaitennage (soto, omote & ura)
<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"/> Hakken Waza
<input type="checkbox"/> Katatedori Jiyu Waza (iriminage-tenkan&asai&fukai, kotegaeshi-tenkan&asai&gyaku-soto, kaitennage5, shihonage ura, sokumen iriminage, kokyunage5)	
<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, shihonage-soto-omote&soto-ura&tenkan-omote&tenkan-ura, tenbinnage-irimi&tenkan, kokyunage, koshinage)	
<input type="checkbox"/> Ryotedori Jiyu Waza (iriminage-tenkan&asai&uchi, kotegaeshi-tenkan&gyaku-soto, kaitennage-uchi-omote&uchi-ura, shihonage-omote&ura, tenchinage-irimi&flowing-tenkan, tenbinnage, kokyunage4)	
<input type="checkbox"/> Shomenuchi Jiyu Waza (iriminage-tenkan&asai&fukai, kotegaeshi-tenkan&asai, kaitennage-soto-omote&soto-ura&kaiten-uchi-ura)	
<input type="checkbox"/> Yokomenuchi Jiyu Waza (iriminage-tenkan&uchi, kotegaeshi-uchi, shihonage-soto-omote&soto-ura&uchi-omote&uchi-ura, sokumen iriminage-uchi, kokyunage2)	
<input type="checkbox"/> Taki Nobori (1)	
<input type="checkbox"/> Taki Nobori (2) Ryokatadori, Tsuki	
<input type="checkbox"/> Ni Nin Gake (tenshin irimi)	
<input type="checkbox"/> Ryokatadori Jiyu Waza (3)	
<input type="checkbox"/> Zagi Kokyuho	

General Comments:

