

Technical Elements	Observations
<input type="checkbox"/> Katatedori Kotegaeshi (gyaku-uchi)	
<input type="checkbox"/> Katatedori Koshinage (tenkan sankyo)	
<input type="checkbox"/> HHW Katatedori Shihonage (omote & ura)	
<input type="checkbox"/> U Katatedori Kubishime Kokyunage (tenkan-1)	
<input type="checkbox"/> Morotedori Kokyuho (static)	
<input type="checkbox"/> Morotedori Kaitennage (l2h, soto, ura)	
<input type="checkbox"/> Morotedori Kaitennage (h2l, soto, ura)	
<input type="checkbox"/> Morotedori Jujinage	
<input type="checkbox"/> Katadori Nikyo (static, omote & ura)	
<input type="checkbox"/> SW Katadori Nikyo (omote & ura)	
<input type="checkbox"/> Katadori Sankyo (static, omote & ura)	
<input type="checkbox"/> SW Katadori Sankyo (omote & ura)	
<input type="checkbox"/> Katadori Yonkyo (static, omote & ura)	
<input type="checkbox"/> SW Katadori Yonkyo (omote & ura)	
<input type="checkbox"/> Katadori Menuchi Kokyunage	
<input type="checkbox"/> Ryotedori Kokyunage 5th (tenshin otoshi)	
<input type="checkbox"/> U Ryotedori Ikkyo (flowing, omote & ura)	
<input type="checkbox"/> U Ryotedori Nikyo (flowing, omote & ura)	
<input type="checkbox"/> U Ryotedori Yonkyo (flowing, omote & ura)	
<input type="checkbox"/> U Ryotedori Sokumen Iriminage (flowing)	
<input type="checkbox"/> U Ryotedori Kotegaeshi (flowing, uchi)	
<input type="checkbox"/> U Ryotedori Shihonage (flowing, omote & ura)	
<input type="checkbox"/> U Ryokatadori Sankyo (flowing, kime, omote)	
<input type="checkbox"/> Shomenuchi Iriminage (fukai)	
<input type="checkbox"/> Shomenuchi Iriminage (irimi)	
<input type="checkbox"/> Shomenuchi Sokumen Iriminage (soto)	
<input type="checkbox"/> SW Shomenuchi Kotegaeshi (tenkan)	
<input type="checkbox"/> Yokomenuchi Iriminage (asai)	
<input type="checkbox"/> Yokomenuchi Iriminage (fukai ura)	
<input type="checkbox"/> Yokomenuchi Tenbinnage (uchi)	
<input type="checkbox"/> Tsuki Kokyunage (sumiotoshi)	
<input type="checkbox"/> Tsuki Kotegaeshi (asai)	
<input type="checkbox"/> Tsuki Kotegaeshi (tenkan)	
<input type="checkbox"/> Tsuki Kaitennage (tenkan, uchi, ura)	
<input type="checkbox"/> Tsuki Koshinage (tenkan sankyo)	
<input type="checkbox"/> Henka Waza - Ryotedori Tenchinage (irimi) - Kokyunage (tenkan)	
<input type="checkbox"/> Kaeshi Waza - Ikkyo (omote) - Ikkyo (omote)	
<input type="checkbox"/> Kaeshi Waza - Ikkyo (omote) - Kotegaeshi (uchi)	
<input type="checkbox"/> Kaeshi Waza - Ikkyo (omote) - Nikyo	

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>	<input type="checkbox"/> <b>Totsuzen Waza</b>
<input type="checkbox"/> Katatedori Jiyu Waza (iriminage-tenkan&asai&fukai, kotegaeshi-tenkan&asai&gyaku-soto&gyaku-uchi, kaitennage5, shihonage ura, 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, kaitennage-H2Lsoto-ura&L2H-soto-ura, shihonage-soto-omote&soto-ura&tenkan-omote&tenkan-ura, tenbinnage-irimi&tenkan, kokyunage, jujinage, 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, 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)	
<input type="checkbox"/> Yokomenuchi Jiyu Waza (iriminage-tenkan&uchi&asai&fukai-ura, kotegaeshi-uchi, shihonage-soto-omote&soto-ura&uchi-omote&uchi-ura, tenbinnage, sokumen iriminage-uchi, kokyunage2)	
<input type="checkbox"/> <b>Tsuki Jiyu Waza (iriminage-tenkan&amp;irimi, kotegaeshi-tenkan&amp;asai, kaitennage-soto-omote&amp;soto-ura&amp;tenkan-uchi-ura, sokumen iriminage, kokyunage-sumiotoshi, koshinage)</b>	
<input type="checkbox"/> <b>Taki Nobori (1)</b>	<input type="checkbox"/> <b>Taki Nobori (2) Ryokatadori, Yokomenuchi, Tsuki</b>
<input type="checkbox"/> <b>Ni Nin Gake (iriminage jujinage)</b>	
<input type="checkbox"/> <b>Ryokatadori Jiyu Waza (3)</b>	
<input type="checkbox"/> <b>Zagi Koryuho</b>	

General Comments: