

Technical Elements	Observations
<input type="checkbox"/> Mae Shikko (forwards knee walking)	
<input type="checkbox"/> Ushiro Shikko (backwards knee walking)	
<input type="checkbox"/> Yoko Ukemi (sideways roll) - standing	
<input type="checkbox"/> Ichi kara NiJu 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"/> Mae Ukemi (forwards roll) - squatting or standing	
<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"/> Kosadori Ikkyo (omote)	
<input type="checkbox"/> Kosadori Ikkyo (ura)	
<input type="checkbox"/> FTW - Ryokataoshi Kokyunage (tenkan)	
<input type="checkbox"/> Taki Nobori (1) 4 attacks	
<input type="checkbox"/> Zagi Kokyuho	

General Comments: