

General Elements					
Nage/Tori (test candidate)					
Kamae (ready stance)	1	2	3	4	5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Zanshin (composed ending posture)	1	2	3	4	5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ippo no Maai (distance of 1 step)	1	2	3	4	5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Left-Right balance	1	2	3	4	5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Uke (test candidate)					
Correct attacks	1	2	3	4	5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Following & Connection	1	2	3	4	5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mae Ukemi (correct shoulder, not barrel)	1	2	3	4	5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoko Ukemi (in all possible circumstances)	1	2	3	4	5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tap when pin complete	1	2	3	4	5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Uke (not test candidate)					
Kamae (ready stance)	1	2	3	4	5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ippo no Maai (distance of 1 step)	1	2	3	4	5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Left-Right balance	1	2	3	4	5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Correct attacks	1	2	3	4	5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Following & Connection	1	2	3	4	5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mae Ukemi (correct shoulder, not barrel)	1	2	3	4	5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoko Ukemi (in all possible circumstances)	1	2	3	4	5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tap when pin complete	1	2	3	4	5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Technical Elements	Observations
Nage/Tori (test candidate)	
<input type="checkbox"/>	Katatedori Kokyunage (5) *
<input type="checkbox"/>	Katatedori Kaitennage (5) *
<input type="checkbox"/>	Katatedori Sokumen Iriminage
<input type="checkbox"/>	Katatedori Ikkyo (omote & ura)
<input type="checkbox"/>	Katatedori Shihonage (static, 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"/>	U Katatedori Kubishime Sankyo (static, omote)
<input type="checkbox"/>	Morotedori Kokyunage 1st (irimi)
<input type="checkbox"/>	Morotedori Ikkyo (low to high, omote & ura)
<input type="checkbox"/>	Morotedori Yonkyo (l2h, omote & ura)
<input type="checkbox"/>	Morotedori Iriminage (l2h tenkan & h2l uchi)
<input type="checkbox"/>	Morotedori Kotegaeshi (uchi)
<input type="checkbox"/>	Morotedori Shihonage (soto, omote+ura & tenkan, omote+ura)
<input type="checkbox"/>	Morotedori Tenbinnage (irimi & tenkan)
<input type="checkbox"/>	Morotedori Koshinage (kakaie-nage)
<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 & uchi & asai & fukai & fukai-ura)
<input type="checkbox"/>	Kosadori Sokumen Iriminage
<input type="checkbox"/>	Kosadori Kotegaeshi (uchi & asai & tenkan)
<input type="checkbox"/>	Kosadori Shihonage (omote)
<input type="checkbox"/>	Kosadori Tenbinnage (kaiten)
<input type="checkbox"/>	Katadori Kokyunage (tenshin)
<input type="checkbox"/>	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 Kokuho (static)
<input type="checkbox"/>	Ryotedori Kokyunage (1st & 2nd & 3rd & 4th)
<input type="checkbox"/>	Ryotedori Kaitennage (uchi omote & uchi ura)
<input type="checkbox"/>	Ryotedori Tenbinnage (flowing)
<input type="checkbox"/>	Ryotedori Shihonage (flowing, omote & ura)
<input type="checkbox"/>	Ryotedori TENCHINAGE (static & irimi & flowing-tenkan)
<input type="checkbox"/>	Ryotedori Ikkyo (static, omote & ura)
<input type="checkbox"/>	Ryotedori Iriminage (tenkan & asai & uchi)
<input type="checkbox"/>	Ryotedori Kotegaeshi (tenkan & gyaku-soto)

#1
38
hrs

* Technique requires Metsubushi / Atemi

Technical Elements		Observations	
Nage/Tori (test candidate)			
<input type="checkbox"/>	U 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 Kaitennage (soto, omote+ura & kaiten, uchi, ura) *
<input type="checkbox"/>	Shomenuchi Kotegaeshi (asai)	<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+ura) *
<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-1)
<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 Kokyuhō		

#2
75
hrs

#3
113
hrs

#4
150
hrs

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