

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 Kotegaeshi (gyaku-uchi)	#1 50 hrs
<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 (I2h, 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) *	#2 100 hrs
<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)	#3 150 hrs
<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"/>	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	

\* Technique requires Metsubushi / Atemi

Technical Elements Observations		Nage/Tori (test candidate)		
<input type="checkbox"/>	FTW - Ryokataoshi Kokyunage (tenshin)	<input type="checkbox"/>	FTW - Ryokataoshi Udekime	#4 200 hrs
<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"/>	<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 Kokyuhō</b>			

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