

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 Iriminage (uchi)	#1 50 hrs
<input type="checkbox"/>	Katatedori Kotegaeshi (gyaku-tenkan)	
<input type="checkbox"/>	Morotedori Kokyuho (interrupted)	
<input type="checkbox"/>	Morotedori Iriminage (h2l, fukai ura)	
<input type="checkbox"/>	Morotedori Koshinage (simple post)	
<input type="checkbox"/>	Katadori Menuchi Kotegaeshi (uchi-tenkan)	
<input type="checkbox"/>	Katadori Menuchi Koshinage (ikkyo)	
<input type="checkbox"/>	U Ryotedori Sankyo (flowing, kime, omote & ura)	
<input type="checkbox"/>	U Ryotedori Iriminage (flowing, tenkan)	
<input type="checkbox"/>	U Ryotedori Kaitennage (flowing, omote & ura)	
<input type="checkbox"/>	U Ryotedori Tenbinnage	#2 100 hrs
<input type="checkbox"/>	Shomenuchi Shihonage (omote & ura)	
<input type="checkbox"/>	SW Shomenuchi Kotegaeshi (asai)	
<input type="checkbox"/>	HHW Shomenuchi Ikkyo (omote & ura)	
<input type="checkbox"/>	HHW Shomenuchi Iriminage (tenkan)	
<input type="checkbox"/>	Yokomenuchi Ikkyo (irimi, omote & ura)	
<input type="checkbox"/>	Yokomenuchi Nikyo (omote & ura)	
<input type="checkbox"/>	SW Yokomenuchi Nikyo (omote & ura)	
<input type="checkbox"/>	Yokomenuchi Sankyo (omote & ura)	
<input type="checkbox"/>	SW Yokomenuchi Sankyo (omote & ura)	
<input type="checkbox"/>	Yokomenuchi Yonkyo (omote & ura)	#3 150 hrs
<input type="checkbox"/>	SW Yokomenuchi Yonkyo (omote & ura)	
<input type="checkbox"/>	Yokomenuchi Gokyo (omote & ura)	
<input type="checkbox"/>	SW Yokomenuchi Gokyo (omote & ura)	
<input type="checkbox"/>	Yokomenuchi Kokyunage (otoshi)	
<input type="checkbox"/>	Yokomenuchi Kotegaeshi (uchi-tenkan)	
<input type="checkbox"/>	Yokomenuchi Kotegaeshi (soto-tenkan)	
<input type="checkbox"/>	Yokomenuchi Kaitennage (soto, omote & ura)	
<input type="checkbox"/>	Yokomenuchi Sokumen Iriminage (asai)	
<input type="checkbox"/>	Yokomenuchi Koshinage (uchi ikkyo kakae nage)	
<input type="checkbox"/>	Henka Waza - Katatedori Nikyo (kime only) - Kaitennage (soto, ura)	
<input type="checkbox"/>	Kaeshi Waza - Shihonage - Shihonage	
<input type="checkbox"/>	Kaeshi Waza - Shihonage - Iriminage (tenkan)	
<input type="checkbox"/>	Kaeshi Waza - Kotegaeshi - Iriminage (uchi)	
<input type="checkbox"/>	Kaeshi Waza - Kotegaeshi - Kotegaeshi	
<input type="checkbox"/>	Kaeshi Waza - Kotegaeshi - Tenbinnage	
<input type="checkbox"/>	Kaeshi Waza - Kotegaeshi - Koshinage	
<input type="checkbox"/>	Kaeshi Waza - Kotegaeshi - Hijikime	

\* Technique requires Metsubushi / Atemi

Technical Elements Observations		Nage/Tori (test candidate)	
<input type="checkbox"/>	Tantodori Yokomenuchi Iriminage (uchi)	<input type="checkbox"/>	Tantodori Yokomenuchi Hijigarami
<input type="checkbox"/>	Tantodori Tsuki Ushiro Kubishime	<input type="checkbox"/>	Tantodori Shomenuchi Iriminage (uchi)
<input type="checkbox"/>	Tachidori Shomenuchi Kokyunage	<input type="checkbox"/>	Tachidori Shomenuchi Shihonage Omote
<input type="checkbox"/>	Tachidori Shomenuchi Sankyo	<input type="checkbox"/>	Tachidori Shomenuchi Iriminage (irimi)
<input type="checkbox"/>	Tachidori Shomenuchi Tenbinnage	<input type="checkbox"/>	Tachidori Shomenuchi Kotegaeshi
<input type="checkbox"/>	Tachidori Shomenuchi Kiriage	<input type="checkbox"/>	Tachidori Shomenuchi Iriminage (asai)
<input type="checkbox"/>	Jodori Tsuki Sumiotoshi	<input type="checkbox"/>	Jodori Tsuki Iriminage (irimi)
<input type="checkbox"/>	Jodori Tsuki Shihonage	<input type="checkbox"/>	Jodori Tsuki Sankyo
<input type="checkbox"/>	Jodori Tsuki Tenbinnage	<input type="checkbox"/>	Jodori Tsuki Kotegaeshi
<input type="checkbox"/>	Jodori Tsuki Ikkyonage	<input type="checkbox"/>	Jodori Tsuki Sokumen Iriminage
<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"/>	<b>Hakken Waza</b>	<input type="checkbox"/>	<b>Totsuzen Waza</b>
<input type="checkbox"/>	Katatedori Jiyu Waza (iriminage-tenkan&asai&fukai&fukai-ura&uchi, kotegaeshi-tenkan&asai&gyaku-soto&gyaku-uchi&gyaku-tenkan, kaitennage5, shihonage ura, tenbinnage, 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&H2Lfukai-ura, kotegaeshi-uchi&uchi-tenkan, kaitennage-H2Lsoto-ura&L2H-soto-ura, shihonage-soto-omote&soto-ura&tenkan-omote&tenkan-ura, tenbinnage-irimi&tenkan, kokyunage, nikyo-hw-kokyunage, jujinage, koshinage-kakae&simple-post)		
<input type="checkbox"/>	Ryotedori Jiyu Waza (iriminage-tenkan&asai&uchi, kotegaeshi-tenkan&gyaku-soto&gyaku-tenkan, 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, shihonage-omote&ura, sokumen iriminage, kokyunage-kaiten, koshinage)		
<input type="checkbox"/>	Yokomenuchi Jiyu Waza (iriminage-tenkan&uchi&asai&fukai&fukai-ura, kotegaeshi-uchi&uchi-tenkan&soto-tenkan&asai, kaitennage-soto-omote&soto-ura, shihonage-soto-omote&soto-ura&uchi-omote&uchi-ura, tenbinnage, sokumen iriminage-uchi&asai, kokyunage-irimi&tenshin&otoshi, koshinage-uchi-ikkyo2) *		
<input type="checkbox"/>	Tsuki Jiyu Waza (iriminage-tenkan&irimi&fukai-ura, kotegaeshi-tenkan&asai, kaitennage-soto-omote&soto-ura&tenkan-uchi-ura, sokumen iriminage, kokyunage-sumiotoshi&osumiotoshi, koshinage) *		
<input type="checkbox"/>	<b>Ushiro Ryotedori Jiyu Waza (iriminage-uchi&amp;tenkan, kotegaeshi-uchi&amp;uchi-tenkan, kaitennage-omote&amp;ura, shihonage-omote&amp;ura, tenbinnage, sokumen iriminage, kokyunage, jujinage)</b>		
<input type="checkbox"/>	Katadori Menuchi Jiyu Waza (iriminage, kotegaeshi-uchi&uchi-tenkan, kaitennage, shihonage, kokyunage, koshinage)		
<input type="checkbox"/>	Taki Nobori (2) *	<input type="checkbox"/>	Taki Nobori (3) * Ryokatadori, Shomenuchi, Yokomenuchi, Tsuki
<input type="checkbox"/>	Ni Nin Gake (3 ways)		
<input type="checkbox"/>	Ryokatadori Jiyu Waza (4)	<input type="checkbox"/>	Zagi Kokyuhō

#4  
200  
hrs

\* Technique requires Metsubushi / Atemi