

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 1st (irimi) *
<input type="checkbox"/>	Katatedori Kokyunage 2nd (tenshin)
<input type="checkbox"/>	Katatedori Kokyunage 3rd (sumiotoshi) *
<input type="checkbox"/>	<b>Katatedori Kokyunage 4th (sumiotoshi) *</b>
<input type="checkbox"/>	Katatedori Kaitennage (uchi omote) *
<input type="checkbox"/>	Katatedori Kaitennage (uchi, ura) *
<input type="checkbox"/>	<b>Katatedori Kaitennage (soto, omote) *</b>
<input type="checkbox"/>	Morotedori Kokyunage 1st (irimi)
<input type="checkbox"/>	Morotedori Ikkyo (low to high, omote)
<input type="checkbox"/>	Morotedori Ikkyo (low to high, ura)
<input type="checkbox"/>	<b>Morotedori Tenbinnage (irimi)</b>
<input type="checkbox"/>	Kosadori Ikkyo (omote)
<input type="checkbox"/>	Kosadori Ikkyo (ura)
<input type="checkbox"/>	Kosadori Iriminage (tenkan)
<input type="checkbox"/>	<b>Kosadori Iriminage (uchi)</b>
<input type="checkbox"/>	Kosadori Sokumen Iriminage
<input type="checkbox"/>	Katadori Kokyunage (tenshin)
<input type="checkbox"/>	<b>Katadori Sokumen Iriminage</b>
<input type="checkbox"/>	<b>Katadori Menuchi Ikkyo (irimi, omote) *</b>
<input type="checkbox"/>	<b>Ryotedori Kokyunage 1st (irimi)</b>
<input type="checkbox"/>	<b>Ryotedori Kaitennage (uchi, omote &amp; ura)</b>
<input type="checkbox"/>	<b>Ushiro Ryotedori Kokyunage (otoshi)</b>
<input type="checkbox"/>	Shomenuchi Ikkyo (omote)
<input type="checkbox"/>	Shomenuchi Ikkyo (ura)
<input type="checkbox"/>	<b>Shomenuchi Iriminage (tenkan)</b>
<input type="checkbox"/>	SW Shomenuchi Ikkyo (omote)
<input type="checkbox"/>	SW Shomenuchi Ikkyo (ura)
<input type="checkbox"/>	<b>SW Shomenuchi Iriminage (tenkan)</b>
<input type="checkbox"/>	Tsuki Ikkyo (tenshin, omote)
<input type="checkbox"/>	Tsuki Ikkyo (tenshin, ura)
<input type="checkbox"/>	<b>Tsuki Iriminage (tenkan)</b>
<input type="checkbox"/>	FTW - Ryokataoshi Kokyunage (tenshin)
<input type="checkbox"/>	FTW - Ushiro Kakaejime Ikkyo
<input type="checkbox"/>	FTW - Ushiro Kakaejime Kokyunage (irimi)
<input type="checkbox"/>	<b>FTW - Kesagatame Ikkyo</b>
<input type="checkbox"/>	<b>Katatedori Jiyu Waza (kokyunage x 4, kaitennage x 3) *</b>
<input type="checkbox"/>	<b>Taki Nobori (1) *</b>
<input type="checkbox"/>	<b>Zagi Koryuho</b>

\* Technique requires Metsubushi / Atemi

#1  
13  
hrs

#2  
25  
hrs

#3  
38  
hrs

#4  
50  
hrs