

General Elements						Technical Elements		Observations			
Nage/Tori (test candidate)						Nage/Tori (test candidate)					
Kamae	1	2	3	4	5	<input type="checkbox"/>	Katatedori Kokyunage (5) *	#1	30	hrs	
(ready stance)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Katatedori Kaitennage (uchi omote, uchi ura, soto omote & soto ura) *				
Zanshin	1	2	3	4	5	<input type="checkbox"/>	Katatedori Kaitennage (tenkan, uchi, ura) *				
(composed ending posture)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Katatedori Sokumen Iriminage				
						<input type="checkbox"/>	Katatedori Ikkyo (omote & ura)				
Ippo no Maai	1	2	3	4	5	<input type="checkbox"/>	Katatedori Shihonage (static, omote & ura)				
(distance of 1 step)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Katatedori Udekime (uchi) *				
Left-Right balance	1	2	3	4	5	<input type="checkbox"/>	Katatedori Iriminage (tenkan)				
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Katatedori Iriminage (asai)				
						<input type="checkbox"/>	Katatedori Kotegaeshi (tenkan)				
						<input type="checkbox"/>	Katatedori Kotegaeshi (asai)				
						<input type="checkbox"/>	Katatedori Kotegaeshi (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)				#2
						<input type="checkbox"/>	Morotedori Ikkyo (low to high, omote & ura)				
						<input type="checkbox"/>	Morotedori Yonkyo (low to high, omote & ura)				
						<input type="checkbox"/>	Morotedori Iriminage (low to high, tenkan)				
						<input type="checkbox"/>	Morotedori Iriminage (high to low, uchi)				
						<input type="checkbox"/>	Morotedori Kotegaeshi (uchi)				
						<input type="checkbox"/>	Morotedori Shihonage (soto, omote & ura)				
						<input type="checkbox"/>	Morotedori Tenbinnage (irimi & tenkan)				
						<input type="checkbox"/>	Kosadori Ikkyo (omote & ura)				
						<input type="checkbox"/>	Kosadori Nikyo (kime only)				
						<input type="checkbox"/>	Kosadori Iriminage (tenkan)				
						<input type="checkbox"/>	Kosadori Iriminage (uchi)				
						<input type="checkbox"/>	Kosadori Iriminage (asai)				
						<input type="checkbox"/>	Kosadori Iriminage (fukai)				
						<input type="checkbox"/>	Kosadori Sokumen Iriminage				
						<input type="checkbox"/>	Kosadori Kotegaeshi (uchi)				
						<input type="checkbox"/>	Kosadori Kotegaeshi (asai)				
						<input type="checkbox"/>	Kosadori Kotegaeshi (tenkan)				
						<input type="checkbox"/>	Kosadori Shihonage (omote)				
						<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 Kokyunage 1st (irimi)				
						<input type="checkbox"/>	Ryotedori Kokyunage 2nd (tenshin)				
						<input type="checkbox"/>	Ryotedori Kokyunage 3rd (sumiotoshi)				

Technical Elements	Observations	
Nage/Tori (test candidate)		
<input type="checkbox"/>	Ryotedori Kaitennage (uchi omote & uchi ura)	
<input type="checkbox"/>	Ryotedori Tenbinnage (flowing)	
<input type="checkbox"/>	Ryotedori Tenchinage (static)	
<input type="checkbox"/>	Ryotedori Tenchinage (irimi)	
<input type="checkbox"/>	Ryotedori Ikkyo (static, omote & ura)	
<input type="checkbox"/>	Ryotedori Iriminage (tenkan)	
<input type="checkbox"/>	Ryotedori Iriminage (asai)	
<input type="checkbox"/>	Ryotedori Iriminage (uchi)	
<input type="checkbox"/>	Ryotedori Kotegaeshi (tenkan)	
<input type="checkbox"/>	Ushiro Ryotedori Kokyunage (otoshi)	
<input type="checkbox"/>	U Ryotedori Sankyo (static, omote)	
<input type="checkbox"/>	Ryokatadori Aikiotoshi	
<input type="checkbox"/>	Ryokatadori Kokyunage (tenshin)	
<input type="checkbox"/>	Ushiro Ryokatadori Kokyunage	
<input type="checkbox"/>	Shomenuchi Ikkyo (omote & ura)	
<input type="checkbox"/>	Shomenuchi Iriminage (tenkan)	
<input type="checkbox"/>	Shomenuchi Kaitennage (soto, omote & ura)	
<input type="checkbox"/>	SW Shomenuchi Ikkyo (omote & ura)	
<input type="checkbox"/>	SW Shomenuchi Iriminage (tenkan)	<input type="checkbox"/> Yokomenuchi Kokyunage (sumiotoshi) *
<input type="checkbox"/>	Yokomenuchi Kokyunage (tenshin)	<input type="checkbox"/> Yokomenuchi Sokumen Iriminage (uchi) *
<input type="checkbox"/>	Yokomenuchi Shihonage (soto, omote & ura) *	<input type="checkbox"/> Tsuki Ikkyo (tenshin, omote & ura)
<input type="checkbox"/>	Tsuki Iriminage (tenkan & irimi)	<input type="checkbox"/> 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)
	FTW - Kesagatame Ikkyo	<input type="checkbox"/> FTW - Hachigatame Aikiotoshi
	FTW - Mawashiuchi Ikkyo (omote)	<input type="checkbox"/> FTW - Mae Geri Sokumen Iriminage
	FTW - Mae Geri Sokumen Iriminage HW Ikkyo (omote)	<input type="checkbox"/> FTW - Mae Geri Sokumen Iriminage HW Sumiotoshi
	FTW - Mae Geri Iriminage (irimi)	<input type="checkbox"/> Hakken Waza
	Katatedori Jiyu Waza (iriminage-tenkan&asai, kotegaeshi-tenkan&asai&gyaku-soto, kaitennage5, shihonage ura, sokumen iriminage, kokyunage5) *	
	Kosadori Jiyu Waza (iriminage-tenkan&uchi&asai&fukai, kotegaeshi-uchi&asai&tenkan, shihonage, sokumen iriminage)	
	Morotedori Jiyu Waza (iriminage-H2Luchi&L2Htenkan, kotegaeshi-uchi, shihonage-soto-omote&soto-ura, tenbinnage-irimi&tenkan, kokyunage)	
	Ryotedori Jiyu Waza (iriminage-tenkan&asai&uchi, kotegaeshi-tenkan, kaitennage-uchi-omote&uchi-ura, tenchinage-irimi, tenbinnage, kokyunage3)	
	Taki Nobori (1) *	
	Ni Nin Gake (irimi otoshi)	
	Ryokatadori Jiyu Waza (2)	
	Zagi Kokyuhu	

#3
90
hrs#4
120
hrs

* Technique requires Metsubushi / Atemi