

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"/>	Katatedori Kokyunage 4th (sumiotoshi) *
<input type="checkbox"/>	Katatedori Kokyunage 5th (osumiotoshi)
<input type="checkbox"/>	Katatedori Kaitennage (uchi omote) *
<input type="checkbox"/>	Katatedori Kaitennage (uchi, ura) *
<input type="checkbox"/>	Katatedori Kaitennage (soto, omote) *
<input type="checkbox"/>	Katatedori Kaitennage (soto, ura) *
<input type="checkbox"/>	Katatedori Sokumen Iriminage
<input type="checkbox"/>	HHW Katatedori Kaitennage (uchi, omote) *
<input type="checkbox"/>	HHW Katatedori Kaitennage (soto, ura) *
<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"/>	Morotedori Iriminage (low to high, tenkan)
<input type="checkbox"/>	Morotedori Iriminage (high to low, uchi)
<input type="checkbox"/>	Morotedori Tenbinnage (irimi)
<input type="checkbox"/>	Morotedori Tenbinnage (tenkan)
<input type="checkbox"/>	Kosadori Ikkyo (omote)
<input type="checkbox"/>	Kosadori Ikkyo (ura)
<input type="checkbox"/>	Kosadori Iriminage (tenkan)
<input type="checkbox"/>	Kosadori Iriminage (uchi)
<input type="checkbox"/>	Kosadori Iriminage (asai)
<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)

#1
25
hrs

#2
50
hrs

* Technique requires Metsubushi / Atemi

Technical Elements	Observations
Nage/Tori (test candidate)	
<input type="checkbox"/> Katadori Kokyunage (tenshin)	#3 75 hrs
<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 Kaitennage (uchi, omote & ura)	
<input type="checkbox"/> Ryotedori Tenchinage (irimi)	
<input type="checkbox"/> Ushiro Ryotedori Kokyunage (otoshi)	
<input type="checkbox"/> Ryokatadori Aikiotoshi	
<input type="checkbox"/> Ushiro Ryokatadori Kokyunage	
<input type="checkbox"/> Shomenuchi Ikkyo (omote)	
<input type="checkbox"/> Shomenuchi Ikkyo (ura)	
<input type="checkbox"/> Shomenuchi Iriminage (tenkan)	
<input type="checkbox"/> SW Shomenuchi Ikkyo (omote)	
<input type="checkbox"/> SW Shomenuchi Ikkyo (ura)	
<input type="checkbox"/> SW Shomenuchi Iriminage (tenkan)	
<input type="checkbox"/> Yokomenuchi Kokyunage (sumiotoshi) *	
<input type="checkbox"/> Tsuki Ikkyo (tenshin, omote)	
<input type="checkbox"/> Tsuki Ikkyo (tenshin, ura)	
<input type="checkbox"/> Tsuki Iriminage (tenkan)	
<input type="checkbox"/> Tsuki Iriminage (irimi)	
<input type="checkbox"/> Tsuki Sokumen Iriminage	
<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"/> FTW - Kesagatame Ikkyo	
<input type="checkbox"/> FTW - Mae Geri Sokumen Iriminage	
<input type="checkbox"/> FTW - Hachigatame Aikiotoshi	
<input type="checkbox"/> Katatedori Jiyu Waza (kokyunage 5, kaitennage 4, sokumen iriminage) *	
<input type="checkbox"/> Kosadori Jiyu Waza (iriminage-tenkan&uchi&asai, kotegaeshi-uchi&asai&tenkan, shihonage-omote, sokumen iriminage,)	
<input type="checkbox"/> Taki Nobori (1) *	
<input type="checkbox"/> Zagi Kokyuho	