

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"/>	Mae Shikko (forwards knee walking)
<input type="checkbox"/>	Ushiro Shikko (backwards knee walking)
<input type="checkbox"/>	<b>Kaiten Shikko (spinning knee walking)</b>
<input type="checkbox"/>	Ushiro Yoko Ukemi (backwards sideways roll)
<input type="checkbox"/>	Ichi kara Ju made Kazoeru (counting 1-10)
<input type="checkbox"/>	Shizen Tai (natural stance)
<input type="checkbox"/>	Migi Hanmi (right stance)
<input type="checkbox"/>	Hidari Hanmi (left stance)
<input type="checkbox"/>	Irimi-1 (slide forward)
<input type="checkbox"/>	Irimi-2 (step forward)
<input type="checkbox"/>	Yoko Ashi (side step)
<input type="checkbox"/>	Tenshin-1 (slide back)
<input type="checkbox"/>	Tenshin-2 (step back)
<input type="checkbox"/>	Yoko Ashi (side step)
<input type="checkbox"/>	Tenkan-1 (just turn)
<input type="checkbox"/>	Tenkan-2 (turn, step back)
<input type="checkbox"/>	Tenkan-1 (just turn)
<input type="checkbox"/>	Tenkan-2 (turn, step back)
<input type="checkbox"/>	Tenkan-3 (turn, step back, turn)
<input type="checkbox"/>	Tenkan-3 (turn, step back, turn)
<input type="checkbox"/>	Obi Musubi (belt tying)
<input type="checkbox"/>	Mae Ukemi (forwards roll)
<input type="checkbox"/>	Dojo no Reigi Saho (dojo etiquette)
<input type="checkbox"/>	Ai Hanmi
<input type="checkbox"/>	Gyaku Hanmi
<input type="checkbox"/>	Ippo no Maai
<input type="checkbox"/>	Katatedori Kokyunage 1st (irimi) *
<input type="checkbox"/>	<b>Katatedori Kokyunage 2nd (tenshin)</b>
<input type="checkbox"/>	<b>Katatedori Kaitennage (uchi omote) *</b>
<input type="checkbox"/>	Morotedori Kokyunage 1st (irimi)
<input type="checkbox"/>	Kosadori Ikkyo (omote)
<input type="checkbox"/>	Kosadori Ikkyo (ura)
<input type="checkbox"/>	<b>Shomenuchi Ikkyo (omote)</b>
<input type="checkbox"/>	<b>Shomenuchi Ikkyo (ura)</b>
<input type="checkbox"/>	<b>SW Shomenuchi Ikkyo (omote)</b>
<input type="checkbox"/>	<b>SW Shomenuchi Ikkyo (ura)</b>
<input type="checkbox"/>	FTW - Ryokataoshi Kokyunage (Tenshin)
<input type="checkbox"/>	<b>FTW - Ushiro Kakaejime Ikkyo</b>
<input type="checkbox"/>	<b>Taki Nobori (1) Grabs only *</b>
<input type="checkbox"/>	<b>Zagi Kokyuhō</b>

#1  
7.5  
hrs

#2  
15  
hrs

#3  
23  
hrs

#4  
30  
hrs

\* Technique requires Metsubushi / Atemi