

## Competency Measurements

Nage's Perspective	Skills	Measurement	
		Low	High
<b>Personal attributes</b>	Demonstrates respect for self and classmates/seniors	No	Yes
	Demonstrates self awareness (of self and environment)	No	Yes
<b>Attitude</b>	Ability to stay focus on Uke	Poor	Excellent
	Ability to balances force against hurting opponent	Poor	Excellent
	Demonstrates composure	Poor	Excellent
	Demonstrates assertiveness as a Nage	Poor	Excellent
<b>Technique</b>	Ability to anticipate the Uke's approach	Poor	Excellent
	Ability to harmonise upon the first contact	Poor	Excellent
	Ability to execute the movement smoothly	Poor	Excellent
	Ability to transit grips or locks	Poor	Excellent
	Demonstration of proper finishing /disarming of uke	Poor	Excellent
<b>Additional Remarks</b>	Demonstrates composure throughout the technique	Poor	Excellent
	Ability to smoothly react to unforeseen changes	Poor	Excellent