Abstract

**Purpose:** The virtues acquired based on the experience of Judo subject as practical personality self-reflection and martial arts should be practiced in their lives by developing them as personality competence. In other words, the purpose of this study is to form personality values through Judo, such as detailed lecture teaching plan and learning education plan, on the personality view of Judo subject as practical personality self-reflection and martial arts.

**Method:** This study was to obtain the amount and quality of lectures and research in the field of education through the study of teaching method innovation of Judo subject as practical personality self-reflection and martial arts. In addition, a learning model for communicating with students was presented and a better teaching method was presented. Furthermore, it will proceed to improve the learner's ability such as critical thinking ability, communication ability, interactive communication, cooperation ability, and creativity of the study according to the teaching method innovation of Judo subject as practical personality self-reflection and martial arts.

**Results:** The advantage of action learning class was that it not only Judo participated in the class through the presentation of discussion and Judo practice but also improved the ability of the students to observe, discover and control their cognitive process from a higher level of perspective. In addition, it is a learning method that is essential for the fourth industrial era because it can improve the ability such as critical thinking ability, communication ability, cooperation ability, and creativity as practical personality education.

**Conclusion:** Personality Classroom As a natural self-reflection and martial arts, various topics such as methods and models for Judo class operation and teaching method innovation methodology, or media production were possible. In other words, there should be a teaching method and a learning model according to the amount and quality of lectures and research in the educational field through the teaching method research method. In addition, it is necessary to plan the class operation that can participate and worry on its own so that learners can motivate, and to have learning programs such as Judo's curriculum as a practical personality self-reflection and martial arts of the learning model, design of learner, learning development, utilization of learners, management of learners and evaluation of learners.

**Keywords** Practical Personality, Judo, Teaching Method, Self-Reflection, Learning Education Program

1. Introduction

The purpose of the teaching method applying the teaching method innovation of Judo subject as the practice personality self-reflection and martial arts is pursuing the formation of personality through the body pursued by humans. This means that the practical personality self-reflection should be aimed at acquiring the knowledge of personality virtue experientially through Judo training on personality virtue related to the qualities to be equipped as a human being, and developing the virtue acquired based on experience as personality competence to practice personality value in his life.
The expected effect of Judo learning as a practice personality self-reflection and martial arts is that the practice personality emphasizes experiencing various personality virtues while training Judo, that is, it is to experience the personality virtues through courtesy, patience, and confidence virtues, to feel the self with you through consideration, respect, and personality virtue experiences, and to experience leaders, cooperation, and service virtues. Furthermore, it is to establish a greater self-reflection virtue through experience of responsibility, trust, and justice virtue.

In addition, as a teaching and learning method that can interact with students to maximize learning in class by using information technology, the teaching goal should be set to try to interact with students and learn the deepening process.

Especially, Judo education in practical personality education has the basis of human completion. Self-reflection literally emphasizes the virtues of human beings and personality formation and presents practical philosophy through experiential education. Among them, through the process of Judo development and development, it is possible to understand the concept of courtesy, practice and courtesy through Judo training, and to reflect on the self of mindfulness by smoothing the center movement through the back and forth, the back and forth, the back and forth, the rear and forth, the rear and the right, and the bump.

In addition, it learns the movement by repeatedly training basic physical strength formation, rolling and basic fall method through basic physical strength training with understanding of patience concept. With understanding the concept of patience, the completion of the forward rotation method, and the basic physical strength are trained to protect the body. In other words, the concept of confidence is understood, and Judo's effort writing motion (push, pull, etc.) and effort writing motion are used to understand the movement of the opponent and to experience the concept of how to use the power of the opponent.

Confidence is to show confidence through patience, and to achieve confidence that Judo can overcome opponents by using concept experience and opponent's power on how to grasp opponent's movement through the effort writing movement (push and pull, etc.) and the force writing movement. This is to complete self-reflection through Judo's thought, curriculum and Judo's personality. Leadership is essential for this. Through understanding the concept of leadership and encouraging classes, leadership experience and hand-crafted learning are conducted. In other words, leadership is a leader with confidence through patience, that is, through the promotion class, it learns the movement by solidifying Judo’s practice technique. In addition, it is necessary to learn the movement as a back technology along with understanding the concept of cooperation, and to experience cooperation by performing the action in accordance with the other party. In addition, it is necessary to learn the movement as a foot technique and to experience cooperation by performing the action in cooperation with the other party. In addition, the definition is experienced through the understanding of the definition concept and self-defense through the understanding of the definition concept and the legal definition concept, self-defense and the five-phase defense. In this case, Judo as a martial arts education of practical personality, KimJoong-hyoung(2019)[1], Analysis of the Actual Condition and Improvement in Martial Arts Challenge Classes in Elementary School, KimEui-Hwan(2004)[2], The Roles Of Yong-moo-Do Leading Martial Arts Education In 21st(C), LeeKang-woo, AhnYong-kil(2019)[3], A Research on the Application Direction for Martial Arts Training through the Character Education Policy Analysis, ParkDong-Chul(2002)[4], Somatics and physical training skill in martial arts, KimEui-Hwan(2005)[5], The Current Status and Future Directions of Martial-Arts Education in Yong-In University, KimJoo-Youn(2011)[6], The Existence Basis of Dongnae "Martial Arts School" and Martial Arts Education in Open Port Area, LeeKi-Yong, ChoYong-Tae(2016)[7], Neds Analysis for Personality Education Orientation of the Colege Students, YuSung-Seon(2018)[8], Study on the Method and Prospect of Personality Education in Al Era of the 4th Industrial Revolution,
Nakung-Jeong(2018)[9], Effect of Group Art Program for the Personality Education of University Students etc.

The previous studies showed that the identity of the personality virtues related to the qualities to be equipped as students through personality education was insufficient. This suggests the necessity of acquiring the knowledge of humanity virtue experientially through Judo training as a martial arts.

Therefore, virtues acquired based on the experience of Judo subject as practical personality self-reflection and martial arts should be developed as personality competence and the value of personality should be practiced in their own life. In other words, the purpose of this study is to form personality values through Judo, such as detailed lecture teaching plan and learning education plan, on the personality view of Judo subject as practical personality self-reflection and martial arts.

This study was to obtain the amount and quality of lectures and research in the field of education through the study of teaching method innovation of Judo subject as practical personality self-reflection and martial arts. In addition, a learning model for communicating with students was presented and a better teaching method was presented.

**Figure 1.** Practice personality self-reflection and learning method of induction subject as dance.

In particular, as a teaching method innovation of Judo subject as practical personality self-reflection and martial arts, I planned the class operation that can participate and worry for myself so that learners can give learning motivation, and I sought and developed a learning model. I tried to improve the quality of education through better research and class.

First, the study investigated and analyzed Judo's practical personality and self-reflection values; second, it investigated and analyzed Judo's whole human completion and practical discourse. Third, research and analysis were conducted to explore teaching method innovation and Judo teaching method management methodology.

Based on the concrete approach, it will be carried out to improve the learner's ability such as critical thinking ability, communication ability, interactive communication, cooperation ability, and creativity of the study according to the teaching method innovation of Judo subject as practical personality self-reflection and martial arts. However, it is revealed in advance that the in-depth interview was conducted by selecting seven university students because it was somewhat vast to interview 45 people online.
2. Judo’s Practical Personality and Self-reflection

Judo Inseongkwan’s self-reflection is a personality martial arts education that trains the body through attack and defense, especially in learning virtue by harmonizing the body and mind by cultivating the mind through training. Judo is an interpersonal game that competes through direct physical techniques while complying with all the rules, and strong will is formed with training the body through attack and defense [10].

Judo’s process of winning can cultivate a true Yogi, which is a great help in forming social attitudes and habits. In other words, the fundamental purpose of Judo training is to use the power of mind and body most effectively. This training is to train and train the body and mind through the practice of attack and defense, and to acquire the essence of all physical techniques. In addition, it completes its own self in Judo’s performance. He also tried to contribute to human society.

First, he trained his physical strength. Second, he learned how to beat his opponent in his original posture. Third, they learn to develop good personality and act right. As such, Judo In-Seong-kwan’s goal is not just to win the game, but to be true. Judo is a one-on-one interpersonal fighter with his opponent, and it is natural to win rather than defeat.

First, it is the cultivation of virtue. In the seal, it is the courtesy of gratitude to the other person. And you should exchange skills with each other kindly and develop a mind that refrains from acting like suddenly drinking water because you are thirsty.

Second, it is the cultivation of intellectuals. The teaching from the teacher should be remembered correctly. Based on this, in order to improve the physical technique, he should mobilize his imagination and not stick to his own claim but be taught by the leader.

Third, the theory of the game should be applied to various aspects of life. When players come to the game, they need to look at the relationship of the players and to have a spirit of winning the players. In other words, in the game, the problem of winning and losing always sticks together, so you should not be proud of winning. And even if you lose the game, you do not act in a ruthless manner, but you always need an attitude to keep your best attitude.

Judo has three purposes: physical education, competition, and mental training. Only if these three are maintained in harmony can they reach the goal of ultimate human formation. This goal is to achieve its own realization and contribute to society as a social person. Also, if you are aiming only for practice and victory in the game, you should not forget that Judo is very important in the fact that it is physical fitness and mental training for your future. Judo training, which aims only at mental training, is also desirable to practice Judo’s purpose of acquiring self-defense in physical strength and competition.

As such, Judo’s fundamental purpose is to cultivate desirable human virtue through training of body and mind and to create true human formation at the same time. Judo’s training, which competes with his own physical ability, can be said to be a performance of indomitable determination, courage, enterprisingness and independence along with his strong physical strength. This practice is a valuable virtue of self-completion that trains the body and mind.

Therefore, it should not be arrogant to win Judo’s game like the philosophy of Toegye Lee Hwang. You should not be afraid of any dangerous place. You should not be relieved to be in a safe place. It is always to make oneself equal in Judo’s training and to correct the body and mind.

3. The Completion of Humanity and Discourse of Practice in Judo Education
Judo's technique refers to the action of the principle of technology under the promise of catching and receiving each other by selecting the basic technology among the attack and defense technology of many Judo technologies. Through this practice, we can learn the principle of the use of power and the reality of technology such as tilting, writing, and hanging of various attacks and defenses. However, since it is promised by a certain order and method, it can not change freely like free practice, so it may be formal or less interesting in technical practice. However, if you acquire enough Judo's principles, right body writing, tilting, making, and hanging skills through this exercise, you can easily apply it to free practice and game skills.

Therefore, learning the basic example of Judo training is an important part in improving the perfection of Judo, and there should be a change of consciousness that both leaders and trainees deeply recognize the necessity of training and teaching in parallel with the practice of freedom.

Therefore, there is a very similar point in the nature of human completion in the performance of Judo education. To reinterpret Judo as "DoulsangMa Yogiwin" as education, righteousness can not be human without practice. No matter how good the writing is, it is useless if it is not done, and if it is done without looking at it with the correct gaze as Judo education, the meaning is meaningless.[11]

Therefore, if you do not carry out the reason of spiritual morality, you can not correct your mind, and if you do not realize the reason of correct enlightenment, you will not be able to righteously do others. This is the original spirit of Judo education, "The body thought that I saw as "DoulsangMa Yogiwin". If so, as Judo education, "If you want to complete the whole human being viewed as DoulsangMa Yogiwin, you should first know the Judo process[12]."

It means 'to repeat, learn and learn while appealing to the old'. Through such Judo performance, we can get "DoulsangMa Yogiwin" as Judo education, which is a complete human completion. Because the whole human completion is a process of strong will and noble spirit of blood, sweat and tears. There should also be an endless class of effort for one's own controlled life. Only then can all the steps of complete human completion be done by itself, and it can be “DoulsangMa Yogiwin” as a word to the point of the duty to care for and respect others by getting self-realization.

Therefore, the process of Judo's performance and the three processes of learning Buddhism are the continuous process of conscious efforts through the practice of mind and body in a common sense.

Judo suggests the importance of physical performance, which is the educational idea of "DoulsangMa Yogiwin" which can be implied by “DoulsangMa Yogiwin". So what is the 'morality' seen in Judo?, This means that in order to understand how Judo forms good character, we must first look at how we can get 'morality'.

Especially, the whole human completion of Judo performance is a social characteristic, and since it is not directly related to the goal of 'technique' and fighting, its existence itself can be evaluated as a coincidence, not an inevitable. Therefore, the main part of Judo education should be considered for the performance of Judo training. Judo education is not compliant with norms or can not learn self through violent behavior of physical techniques. Judo leaders should present examples of behavior toward violent attitude.

Judo education should not be conducted out of courtesy first, and Judo education should suggest a way to effectively cope with and control the force rather than using force. In other words, true Judo education cultivates habits to overcome through their patience.

In addition, Judo practitioners must learn various physical techniques and learn their sentences by imitating and training the skills of Judo leaders or opponents. In other words, Judo
education must include educational aspects of physical techniques according to the movement and principle of ‘technique’ by Judo leader. In other words, it certainly helps to cultivate moral and intellectual virtue. Especially, Judo’s various competitions have factors that naturally reduce the strong spirit and anxiety of the trainees, so Judo education is inevitable.

Especially, Judo’s performance process is a work of the body that makes it familiar in responding to the structure prepared in advance in violent and dangerous situations. In short, you learn control through your own moderation, and you realize that you do not have to face physical strength as you improve your confidence and your own control. In other words, the habit formed by Judo education is the overall meaning of human life, that is, it makes it possible to act calmly without being embarrassed by maintaining human reason. This is to make the body consciousness of the courtesy calm those who perform Judo and to complete the act so that they can act mildly and self-controlly. This physical activity not only cultivates morality but also becomes the driving force to form a whole human completion. Through Judo learning, it is to improve personality and morality by cultivating ethical thinking and morality that cares for oneself and others.

In this regard, Judo education as “DouIslSangMa Yogiwiin” in Judo education, virtue and personality must be controlled by oneself. This is not the completion of human virtue and character overnight; it is the completion of whole human being as virtue and character of moderation through numerous Judo educational practices. Therefore, it is to be a whole human completion that makes human virtue and personality through the restrained education of Judo performance and moderates.

Especially, the endless efforts in Judo education should be made to complete the right whole human being, which means that the meaning of “DouIslSangMa Yogiwiin” as Judo education should be re-examined in the contents of the nuclear power plant.


Understanding the concept of courtesy is practice and courtesy through Judo training. Preparation and basic movements, basic posture and right dress, and courtesy practice and manners as a mind-set smooth the center movement through backward and forward, backward and forward, backward and forward, and bumping. Understanding the concept of patience is a basic physical strength formation through basic physical strength training, and it learns the movement by repeatedly training rolling and basic fall method. Basic physical strength through basic physical strength training is the forward rotation and reception completion, and basic physical strength is trained to protect the body.

In addition, understanding the concept of confidence is to understand the movement of the opponent through Judo’s effort writing motion (push and pull) and to experience the concept of how to reverse the power of the opponent. Confidence is a self-confidence through patience, and Judo’s effort-writing movement (push, pull, etc.) is used to understand the movement of the opponent through the effort-writing movement and to experience the concept of how to use the power of the opponent in reverse. It achieves the confidence that it can overpower and do the opponent by using the power of the opponent. Understanding the concept of leadership is to complete cooperative learning to be caught by hand skills, which is to say, leadership is to be a leader with confidence through patience[13].

Therefore, cooperative learning through the leadership experience through the promotion class is a cooperative learning through the hardening movement, and understanding the concept
of cooperation is to learn the back-skill movement. In addition, you can experience cooperation by performing the action in accordance with the other person.

This cooperation is a medium that can be led by each other and can do it by themselves, so that they can learn the foot skill movement. Understanding the concept of justice is a concept of justice through self-defense as a group composition, and it is required to mention self-defense and five-phase defense in detail as a legal definition explanation. The definition of the blast furnace is to experience the concept of justice through courtesy, patience, confidence, leader, and cooperation through self-defense through situational drama[14].

As Judo education of practical personality, the class of action learning was designed and practiced by the instructor and students to participate and worry on their own in order to obtain the quality of education. Before the class operation, the researcher tried to understand the concept through the video or materials prepared by the instructor. In other words, during the class operation time, they wanted to gain thought by discussing and presenting the deepening process of practical personality education and learning it as their own. The active participation of students should be made while conducting the action learning class for the first time[15].

Especially, it was found that the students not only participated in the class through the presentation of discussion and Judo practice but also improved their ability such as mental action such as observation, discovery and control from a higher level of perspective on their cognitive process. In addition, it is a learning method that is essential for the fourth industrial era because it can improve the ability such as critical thinking ability, communication ability, cooperation ability, and creativity as practical personality education.

Figure 2. Research professor judo throwing video data.
Figure 3. Research professor judo hardening video data.

Then, I presented opinions on students and learning in personality and leadership. The practical movement was composed of throwing technique and hardening technique, and the name was composed of English capital notation.

Table 1. Achievement of students’ goals on practice personality and leadership.

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<th>Self-reflection and Leadership of Nature and Achievement of Students’ Goals</th>
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<tbody>
<tr>
<td>KIW</td>
<td>Leadership has learned that it has the ability, qualities, and leadership as a leader through the announcement of leading oneself.</td>
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<tr>
<td>SKS</td>
<td>Through the process of leading the team to achieve or achieve the goals set by the team, they respect themselves and others and learn their roles as leaders. This was able to acquire knowledge as a leader of Judo’s martial arts value in terms of practical personality.</td>
</tr>
<tr>
<td>PED</td>
<td>In the social climate where individualism and selfishness are becoming widespread, it was possible to acquire one of the important virtues to learn and learn from experiencing ‘role map’ through discussions with professors and presentations with students.</td>
</tr>
<tr>
<td>HOJ</td>
<td>The role of leader was not to be learned by books sitting on chairs, but to learn by building up leadership and mutual trust through interaction with people around them through experiential knowledge.</td>
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<tr>
<td>SHJ</td>
<td>I was able to learn through discussions with professors and presentations with students that I can naturally develop leadership in various efforts and experiences in order to communicate with them and confidence that I can teach someone.</td>
</tr>
<tr>
<td>KMCH</td>
<td>Ruther should take the lead as a responsible person and initiative more than others and act as an example of others. Through this, it was possible to acquire the ability to maximize the qualities and</td>
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abilities as a leader and to achieve the leadership through discussions with professors and presentations with students.

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<th>Table</th>
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<tr>
<td>KCHR</td>
<td>Leaders recognized that it is more important to have an attitude of taking the initiative than to teach well, and they showed a demonstration rather than just teaching it by words, and then they learned that they would Judo so that team members could follow through discussions with professors and presentations with students.</td>
</tr>
<tr>
<td>synthesis</td>
<td>Therefore, in order to effectively teach learning through Judo class operation, the plan was established, and basically, the practical skills were effectively progressed and the leadership goals were organized. The study conducted all the goals according to the fundamental purpose of Judo, and presented and discussed with the students about the teaching of the beating through Judo’s guidance.</td>
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As such, it is true that there were many difficulties in the achievement drawings due to the current Corona 19 as a result of the practical class of the handy-to-hand online class, but it was obtained through the in-depth qualitative interview of the students that the participation of the students was good due to the progress of the new teaching method.

I'll put the above together and list it. As a practical personality self-reflection and martial arts, various topics such as methods and models for Judo class operation and teaching method innovation methodology, or media production were possible[16].

In the field of education through the teaching method research method, there should be a teaching method and a learning model according to the amount and quality of lectures and research. In order to motivate learners to learn, the study plan and develop a learning model that can participate and worry on their own[17].

As a martial arts of practical personality, it is necessary to maximize the learning effect through learning images and learning materials related to Judo class, as well as the expected effect, as well as the learning process in the aspect of program and educational engineering to improve the learner's ability, design of learner, learning development, utilization of learner, management of learner and evaluation of learner[18].

Also, there should be effective progress of the plan of learning guidance through Judo class operation and teaching method research as the practice personality self-reflection and martial arts, and in the actual practice of education goal and Judo education, there should be a composition of educational goals such as step-by-step introduction, development, and finishing. This is the four subcategories of development area, which are print technology, audiovisual technology, computer technology, and integrated technology. In the use of education media, it was possible to implement teaching method innovation and dissemination, learning execution and institutionalization of learning[19][20][21][22].

First, the method of teaching and learning contents were developed to maximize the learning effect through learning images and learning materials related to Judo class operation as practical personality self-reflection and martial arts[23][24].

Second, the study tried to obtain the quantity and quality of lectures and research in the field of education through Judo teaching method research as practical personality self-reflection and martial arts. In other words, the study planned the class operation that can participate and worry on their own so that learners can motivate learning and developed a learning model. This model was presented to maximize the learning effect through learning images and learning materials related to Judo class as a practical personality self-reflection and martial arts, which suggested various mediators and efficient teaching methods to form learner’s motivation[25][26][27][28].
Third, as a practical personality self-reflection and martial arts, the study program such as the learning process of Judo subject, the design of the learner, the development of learning, the utilization of learners, the management of learners and the evaluation of learners was sought. In other words, the study tried to obtain the amount and quality of lectures and research in the field of education through Judo class and teaching method research as practical personality self-reflection and martial arts. Moreover, learner is the learning motivation. In other words, the study planned the operation of the class that can participate and worry on its own, and developed a learning model. In particular, it maximized the learning effect through learning images and learning materials related to Judo class as practical personality self-reflection and martial arts[29][30][31]. In addition, the study conducted a study on the learning process of the program and educational engineering aspects to improve the ability of the learner, the design of the learner, the development of learning, the utilization of the learner, the theory of learner management and the evaluation of the learner, This study suggests the goal of acquiring and utilizing practical knowledge through the expected effect of learners[32][33].

Therefore, it is necessary to utilize it in the field through knowledge, understanding and interpretation that can understand and apply the theories and practices necessary for Judo class and teaching method as practical personality self-reflection and martial arts.

5. Conclusion

This study aims to obtain the amount and quality of lectures and research in the educational field through the study of teaching method innovation of Judo subject as practical personality self-reflection and martial arts, and suggests a better teaching method by presenting a learning model that can communicate with students. Especially, as a teaching method innovation of Judo subject as a practical personality self-reflection and martial arts, I planned the class operation that can participate and worry for the learner so that they can give learning motivation, and I searched for and developed a learning model.

First, Judo's fundamental purpose is to cultivate desirable human virtue and to create true human formation through training of body and mind. Judo's training, which competes with his own physical ability, can be said to be a performance of indomitable determination, courage, enterprisingness and independence along with his strong physical strength. This practice is a valuable virtue of self-completion that trains the body and mind.

Second, in Judo education, which is viewed as “DouiSangMa Yogiwiin” as Judo education, virtue and character must be controlled by oneself. This is not the completion of human virtue and character overnight; it is the completion of whole human being as virtue and character of moderation through numerous Judo educational practices. Therefore, it is to be a whole human completion that makes human virtue and personality through the restrained education of Judo performance and moderates.

Third, various themes such as methods and models for Judo class operation and teaching method innovation methodology, or media production as practical personality self-reflection and martial arts were possible. In other words, there should be a teaching method and a learning model according to the amount and quality of lectures and research in the educational field through the teaching method, and a teaching program should be planned to participate and worry for the learner to motivate himself to learn, and as a practical personality self-reflection and martial arts of the learning model, there should be a learning process of Judo subject, design of learner, learning development, utilization of learner, management of learner and evaluation of learner.
Therefore, the next teaching method will be carried out to improve the learner's ability such as critical thinking ability, communication ability, interactive communication, cooperation ability, and creativity of the study according to the teaching method innovation of Judo subject as practical personality self-reflection and martial arts.

6. References

6.1. Journal articles


6.2. Books


7. Appendix

7.1. Authors contribution

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<th>Initial name</th>
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<tr>
<td>Author IS</td>
<td>-Set of concepts ✔</td>
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<td>-Significant contributions to concepts, designs, practices, analysis and interpretation of data ✔</td>
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<td>-Someone who can explain all aspects of the paper ✔</td>
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