

# Teens Shinsa

## 1<sup>st</sup> kyu Brown Stripe

1	<b>Kihon-dosa Renzoku</b>
2	<b>Shitei Waza</b>
3	<b>Shitei Waza</b>
4	<b>Shitei Waza</b>
5	<b>Kihon-dosa to Kanren-waza</b> <ol style="list-style-type: none"><li>1. <b>Kamae-ni-yoru-Atemi</b></li><li>2. <b>Tai-no-henko (1)</b><ul style="list-style-type: none"><li>• <b>Katate-mochi Sokumen Irimi-nage</b></li></ul></li><li>3. <b>Tai-no-henko (2)</b><ul style="list-style-type: none"><li>• <b>Katate-mochi Hiji-ate Kokyu-nage</b></li></ul></li><li>4. <b>Hiriki-no-yosei (1)</b><ul style="list-style-type: none"><li>• <b>Katate-Ryote-mochi Kokyu-nage</b></li></ul></li><li>5. <b>Hiriki-no-yosei (2)</b><ul style="list-style-type: none"><li>• <b>Katate-Aya-mochi Nikajo-osae (2)</b></li></ul></li><li>6. <b>Shumatsu-dosa (1)</b><ul style="list-style-type: none"><li>• <b>Ryote-mochi Shiho-nage (1)</b></li></ul></li><li>7. <b>Shumatsu-dosa (2)</b><ul style="list-style-type: none"><li>• <b>Ryote-mochi Shiho-nage (2)</b></li></ul></li><li>8. <b>Kanren-waza Renzoku</b></li></ol>

### Shitei Waza

Katate-mochi Shiho-nage (1) Ryote-mochi Shiho-nage (2) Suwari-waza Shomen-uchi Ikkajo-osae (1) Shomen-uchi Ikkajo-osae (1) Yokomen-uchi Ikkajo-osae (2) Suwari-waza Katate-mochi Nikajo-osae (2) Kata-mochi Nikajo-osae (1) Katate-mochi Nikajo-osae (2) Yokomen-uchi Sankajo-osae (1) Shomen-uchi Sankajo-osae (2) Yokomen-uchi Yonkajo-osae (1)	Yokomen-uchi Yonkajo-osae (2) Mune-mochi Hiji-shime (2) Katate-mochi Sokumen Irimi-nage (1) Shomen-uchi Shomen Irimi-nage (1) Yokomen-uchi Shomen Irimi-nage (2) Shomen-uchi Kote-gaeshi (2) Ryote-mochi Tenchi-nage (1) Katate-mochi Hiji-ate Kokyu-nage (1) Ryote-mochi Hiji-ate Kokyu-nage (2) Suwari-waza Ryote-mochi Kokyu-ho (2)
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