

Teens Shinsa

2nd kyu Brown

- 1. Ken Kihon-dosa Renzoku**
- 2. Yokomen-uchi Sankajo-osae (1) –right only**
- 3. Shomen-uchi Sankajo-osae (2) –left only**
- 4. Mune-mochi Hiji-shime(2) –left only**
- 5. Katate-mochi Sokumen Irimi-nage (1) –right only**
- 6. Shomen-uchi Shomen Irimi-nage (1) –right only**
- 7. Yokomen-uchi Shomen Irimi-nage (2) –left only**
- 8. Shomen-zuki Renzoku-waza**
 - 1. Sumi-otoshi**
 - 2. Kote-gaeshi**
 - 3. Hijiate-kokyu-nage**
 - 4. Ude-garami**
 - 5. Shiho-nage**
 - 6. Irimi-nage**
 - 7. Kokyu-nage**