

Teens Shinsa

3rd kyu Purple stripe

- 1. Tanjo Kihon-dosa Renzoku**
- 2. Katate-mochi Shiho-nage (1) –right only**
- 3. Ryote-mochi Shiho-nage (2) –left only**
- 4. Suwari Shomen-uchi Ikkajo-osae(1) –right only**
- 5. Shomen-uchi Ikkajo-osae (1) –right only**
- 6. Yokomen-uchi Ikkajo-osae(2) –left only**
- 7. Suwari Katate-mochi Nikajo-osae(2) –right only**
- 8. Kata-mochi Nikajo-osae (1) –right only**
- 9. Katate-mochi Nikajo-osae (2) –left only**
- 10. Shomen-zuki Renzoku-waza**
 - 1. Sumi-otoshi**
 - 2. Kote-gaeshi**
 - 3. Hijiate-kokyu-nage**