

# Teens Shinsa

## 5<sup>th</sup> kyu Red & 4<sup>th</sup> kyu Purple

1. Aikiken
2. Tanto-soho
3. Tanjo Hiriki-no-yosei (1)(2)
4. Tanjo Shumatsu-dosa (1)(2)
5. Ken-soho
6. Jodan-zuki Shioho-nage
7. Jodan-zuki Ikkajo-nage
8. Yokomen-uchi Nikajo-nage
9. Yokomen-uchi Sankajo-nage
10. Shomen-geri Yonkajo
11. Shomen-geri Sokumen Irimi-nage
12. Yokomen-geri Shomen Irimi-nage(2)
13. Yokomeni-geri Kote-gaeshi (2)