

# **Teens Shinsa**

## **7<sup>th</sup> kyu Green & 6<sup>th</sup> kyu Blue**

- 1. Migi-hanmi Kamae**
- 2. Hidari-hanmi Kamae**
- 3. Zenpo-kaiten Ukemi**
- 4. Koho Ukemi**
- 5. Tanjo Hiriki-no-yosei (1)(2)**
- 6. Aikiken**
- 7. Tanto-soho**
- 8. Jodan-zuki Shioho-nage**
- 9. Jodan-zuki Ikkajo-nage**
- 10. Yokomen-uchi Nikajo-nage**
- 11. Yokomen-uchi Sankajo-nage**