

Teens' beginner menu

- 1. Migi-hanmi Kamae**
- 2. Hidari-hanmi Kamae**
- 3. Seiza-ho**
- 4. Shikko-ho**
- 5. Zenpo-kaiten Ukemi (somersault practice)**
- 6. Koho-ukemi**
- 7. Lying down hitting hands**
- 8. Rolling from squatting position**
- 9. Koho-ukemi**
- 10. Aikiken (No.1 – No. 3)**
- 11. Practicing locks; Nikajo, Sankajo, Kote-gaeshi**
- 12. Ikkajo Osae (from both seiza and standing position)**
- 13. Shomen-zuki Ikkajo-nage**