

Kids 2nd Dan

1. Migi hanmi no kamae
2. Hidari hanmi no kamae
3. Tai no henko(1)
4. Tai no henko(2)
5. Hiriki no yosei(1)
6. Hiriki no yosei(2)
7. Shumatsu dosa(1)
8. Shumatsu dosa(2)
9. Hanmi handachi ryote mochi shihonage
10. Shomen uchi nikajo osae(1)
11. Shitei waza
12. Shitei waza
13. Shitei jiyuwaza
(katate, shomen, yokomen, shomen tsuki)

Shitei waza

- Katate mochi shihonage(1) (2)
 - Ryote mochi shihonage(1) (2)
 - ※Shomen uchi ikkajo osae(1) (2)
 - Yokomen uchi ikkajo osae(1) (2)
 - ※Katate mochi nikajo osae(1) (2)
 - ※Shomen uchi sankajo osae(1) (2)
 - Yokomen uchi sankajo osae(1) (2)
 - Shomen uchi yonkajo osae(1) (2)
 - Katate mochi sokumen iriminage(1) (2)
 - Yokomen uchi shomen iriminage(1) (2)
 - Kata mochi hijishime(1) (2)
 - Ryote mochi tenchinage(1) (2)
 - Shomen uchi kotegaeshi(1) (2)
- (※Includes suwari waza • Basic movements done without partner)