

## Jaune

### Te-Hodoki

1. Muna Dori
2. Ryo Eri Dori
3. Sode Dori
4. Ryo Sode Dori
5. Ryo Shime Dori

### Techniques

1. Shiho nage
2. Yuki shiai
3. Ura ude nage

### Kihon

1. Oi Zuki
2. Chudan Nihon Zuki
3. Age uke Gyaku Zuki
4. Shuto Uke Yohon Nukite
5. Soto Ude Uke
6. Mae Geri Jodan
7. Yoko Geri Kekomi
8. Yoko Geri Keage

### Kata

1. Heian Nidan
2. 3 techniques Kihon osae