



Stands (uchi waza):

- Fudo Dachi
- Yoi Dachi
- Heiko Dachi
- Zenkutsu Dachi

Punches (tsuki waza):

- Seiken Morote Tsuki (Jodan Chudan Gedan)
- Seiken Oi Tsuki (Jodan Chudan Gedan)

Blocks (uke waza):

- Seiken Yodan Uke
- Seiken Gedan Barai

Kicks (geri waza):

- Hiza Geri
- Gin Geri

Kata:

- Taikyoku Sono Ichi

Kumito No Waza:

- Oi-Ashi, Okuri-Ashi, Fumi-Ashi, Kosa, Kosa
- Oi-Ashi, Okuri-Ashi, Fumi-Ashi, Kosa

Exercises:

- 10 push-ups
- 10 abdominal

Kumite:

- 5 rounds (1 minute)