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**Kicks (geri waza):**

- Ushiro-Mawashi-Geri

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**Kata:**

- Tsuki No
- Yantsu
- Renzuko-Waza Free Form

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**Exercises:**

- 50 push-ups
- 70 abdominal
- 25 Squat Jump

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**Kumite:**

- 20 rounds (1,5 minute)

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**Tamesi-Waza:**

- Seiken / Shuto / Geri (Choice dojo leader)