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**Punches (tsuki waza):**

- Nukite's
- Atama-Tsuki's mae / Yoko / Ushiro
- Seiken Morote Tsuki

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**Kicks (geri waza):**

- Yoko-Tobi-Geri

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**Kata:**

- Sanchin Kata
- Taikyoku-Kata Ichi / Ni / San Ura
- Renzuko-Waza Zenkkutsu-Dachi Kake-Wake-Uke / Mae-Geri / Yoko-Geri / Mawashi-Geri / Chudan-Gyaku-Tsuki

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**Self-defense:**

- Some free forms

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**Exercises:**

- 45 push-ups
- 50 abdominal
- 20 Squat Jump

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**Kumite:**

- Kyokushin Kumite 5
- 20 rounds (1,5 minute)