



---

**Blocks (uchi waza):**

- Shuto-Chudan Soto-Uke
- Shuto-Chudan Uchi-Uke
- Shotei-Jodan Gedan-Uke
- Shotei-Chudan Soto-Uke

---

**Punches (tsuki waza):**

- Hiraken
- Haito-Uchi

---

**Kicks (geri waza):**

- Mawashi-Kubi-Geri
- Uchi-Mawashi-Geri
- Mae-Tobi-Geri

---

**Kata:**

- Pinan-Sono-Yon
- Pinan-Sono-Go
- Renzuko-Waza: Zenkutsu-Dachi Kake-Wake-Uke / Ura-Mae-Geri / Yoko-Geri / Ushiro-Geri / Chudan-Gayaku-Tsuki

---

**Self-defense:**

- Some free forms

---

**Exercises:**

- 45 push-ups
- 50 abdominal

---

**Kumite:**

- Kyokushin Kumite 4
- 15 rounds (1,5 minute)