



Stands (uchi waza):

- Moro-Ashi-Dachi

Blocks (uke waza):

- Seiken-Uchi-Uke / Gedan-Barai
- Jodan-Juji-Uke Gedan-Juji-Uke
- Koken-Chudan-Uchi-Uke

Punches (tsuki waza):

- Seiken-Mawashi-Uchi
- Hiji-Ago-Uchi
- Hiji-Oroshi-Uchi

Kicks (geri waza):

- Ushiro-Geri

Kata:

- Pinan-Sono-San
- Renzuko-Waza: Zenkutsu-Dachi Kake-Wake-Uke / Mae-Geri / Yoko-Geri / Ushiro-Geiri / Chudan-Gyaku-Tsuki

Exercises:

- 40 push-ups
- 45 abdominal

Kumite:

- Kyokushin Kumite 3
- 15 rounds (1,5 minute)