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**Stands (uchi waza):**

- Kake-Dachi
- Shiko-Dachi

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**Blocks (uke waza):**

- Mae-Mawashi-Uke

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**Punches (tsuki waza):**

- Shuto-Hizo-Uchi
- Hiji-Jodan-Ate Hiji-Chudan-Ate
- Uraken-Shita-Uchi

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**Kicks (geri waza):**

- Yoko-Geri-Chudan
- Kagato-Geri

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**Kata:**

- Pinan-Sono-Ni
- Sanchin (Ibuki)
- Renzuko-Waza: Zenkutsu-Dachi Kake-Wake-Uke / Mae-Geri / Mawashi-Geri / Nihon-Tsuki  
Jodan-Yoko-Geri / Chudan-Yoko-Geri

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**Exercises:**

- 35 push-ups
- 40 abdominal

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**Kumite:**

- Kyokushin kumite 2
- 10 rounds (1,5 minute)