



Stands (uchi waza):

- Neko-Ashi-Dachi
- Tsuru-Ashi-Dachi

Blocks (uke waza):

- Shuto-Mawashi-Uke

Punches (tsuki waza):

- Uraken-Sayu-Uchi
- Hizo-Uchi
- Kome-Kami-Uchi
- Seiken-Tate-Tsuki
- Jodan-Sotei-Uchi Chudan-Sotei-Uchi

Kicks:

- Mawashi-Geri-Chudan

Kata:

- Pinan-Sono-Ichi
- Renzuko-Waza: Kiba-Dachi Kake-Wake-Uke / Zenkutsu-Dachi Kansetsu-Keri (3x)

Exercises:

- 30 push-ups
- 35 abdominal

Kumite:

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