



Stands (uchi waza):

- Kokutsu-Dachi
- Kiba-Dachi

Punches (tsuki waza):

- Shuto-Ganmen-Uchi
- Tettsui

Kicks (geri waza):

- Yoko-Keage

Kata:

- Sokugi-Taikyoku-Sono-Ichi
- Sokugi-Taikyoku-Sono-Ni
- Sokugi-Taikyoku-Sono-San

Exercises:

- 25 push-ups
- 30 abdominal

Kumite:

- 10 rounds (1 minute)