



Stands (uchi waza):

- Heisoku-Dachi
- Musubi-Dachi

Punches (tsuki waza):

- Chudan-Jodan-Gedan Tsuki
- Uraken-Shomen-Uchi
- Shuto-Sakotsu-Uchi
- Shuto-Sakotsu-Uchi-Komi

Kicks (geri waza):

- Mawashi-Geri-Gedan

Kata:

- Renzuko-Waza: Zenkutsu-Dachi Kake-Wake-Uke / Mae-Geri Chudan Gyaku-Tsuki (x3)
Mawate Zenkutsu-Dachi Kake-Wake-Uke
- Uchi-Uke-Uraken Shomen-Uchi (Ippon-Kumite)

Exercises:

- 20 push-ups
- 25 abdominal

Kumite:

- 10 rounds (1 minute)