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**Stands (uchi waza):**

- Sanchin Dachi

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**Punches (tsuki waza):**

- Seiken Ago-Uchi

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**Blocks (uke waza):**

- Seiken Soto-Uke
- Seiken Uchi-Uke

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**Kicks (geri waza):**

- Mae Geri

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**Kata:**

- Fudo-Dachi Kake Wake-Uke
- Zenkutsu-Dachi Gedan-Barai
- Soto-Uke Chudan Gyaku-Tsuki (Ippon Kumite)
- Taikyoku Sono Ni & San

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**Exercises:**

- 15 push-ups
- 20 abdominal

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**Kumite:**

- 5 rounds (1 minute)