

### KIYON WAZA (Basic Techniques)

Show 5 basic stances:

Zenkutsu dachi	Kokutsu dachi	Neko Ashi Dachi	Kiba dachi	Heisoku dachi
<i>Front Stance</i>	<i>Back Stance</i>	<i>"Cat" Stance</i>	<i>Horse Stance</i>	<i>Feet Together</i>

### Te Waza (Hand Techniques)

- Punch in place from Horse stance (count to 10 - Repeat 3 times)

	Waza (Technique)	Dachi (Stance)	Direction of movement
1.	Oizuki (Lunge Punch)	Zenkutsu	Forward
2.	Oizuki	Zenkutsu	Backward
3.	Soto Uke (Outside Block)	Zenkutsu	Forward
4.	Uchi Uke (Inside block)	Zenkutsu	Backward
5.	Gedan Barai (Lower Sweeping Block)	Zenkutsu	Forward
6.	Gedan Barai	Zenkutsu	Backward
7.	Shuto Uke (Knifehand block)	Kokutsu (Back Stance)	Forward
8.	Shuto Uke	Kokutsu	Backward

### Keri Waza (Kicking Techniques)

	Waza (Technique)	Dachi (Stance)	Direction of movement
1.	Mae Geri (Front Kick)	Zenkutsu	Forward
2.	Yoko Geri Keage (Side Snap Kick)	Kiba dachi (Horse Stance)	Forward (step across)

### KATA (Forms)

Heian Shodan	Bunkai (application) for one technique
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### KUMITE: Three Step Sparring (Sanbon Kumite)

Age Uke	Uchi Uke	Soto Uke	Gedan Barai
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### UKEMI (Rolling & Falling)

Kneeling Side Fall
Kneeling Forward Roll

### Self-Defense

Double wrist grab release
Front Choke Escape

### ADDITIONAL

Demonstrate how to do kneeling bow

Demonstrate how to fold your do-gi

Demonstrate one abdominal core exercise and one leg strengthening exercise

Explain how to count to 100 in Japanese

Say Dojo Kun in English