

	1º. DAN (Black Belt)	2º. DAN (Black Belt)	3º. DAN (Black Belt)	4º. DAN (Black Belt)
TSUKI (punches & strikes) UKE (Blocks)	Toho Uchi Age Jodan Tsuki Morote Haito Uchi Uke			
KATA	Saifa Pinan Sono Ichi Ura Pinan Sono Ni Ura Pinan Sono San Ura Pinan Sono Yon Ura Pinan Sono Go Ura	Seipai Seienchin	Kanku Garyu Make your own kata	Sushi Ho
RENRAKU Combinatios	Mawashi Geri, Ushiro Mawashi Geri, Jodan Mae Geri, Mawashi Geri, Ushiro Mawashi Geri			
STAMINA (exercices)	75 / 150 / 75 Tobi Geri +30cm	75 / 150 / 75 Tobi Geri +30cm	75 / 150 / 75 Tobi Geri +30cm	75 / 150 / 75 Tobi Geri +30cm
Kumite	Jiyu Kumite 20x60 s.	Jiyu Kumite 30x60s	Jiyu Kumite 40x60s	Jiyu Kumite 50x60s
Diplomas		National Judge/Referee	International Judge	International Referee