

# Mini Ninjas

## Orange Belt

**Attendance** 2 months minimum since last test

### Fitness

- 👤 15 Jumping Jacks
- 👤 10 push-ups
- 👤 10 sit-ups

### Stances

- 👤 Walking Stance
- 👤 Fighting stance with guard

### Block

- 👤 Rising block
- 👤 Low block

### Strikes

- 👤 Double punch
- 👤 Back fist

### Combos

- 👤 Double punch
- 👤 Double punch – rear leg front kick
- 👤 Back fist – reverse punch – rear leg turning kick

### Self Defence

- 👤 Single wrist grab (opposite hand grab)

### Spirit

- 👤 Ki Ha shout (LOUD!!)

