

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

Kicks

- 👤 Front leg turning kick
 - 👤 Rear leg turning kick
 - 👤 All previous kicks
- Must demonstrate all four positions (up, out, back and down)
- Must demonstrate balance

Self Defence

- 👤 Single wrist grab (opposite hand grab)

Spirit

- 👤 Ki Ha shout (LOUD!!)
- 👤 Call for help

