

Mini Ninjas

Purple Stripe

Attendance 2 months minimum since last test

Fitness

- 👤 15 jumping jacks
- 👤 10 push-ups
- 👤 10 sit-ups

Stances

- 👤 Walking stance
- 👤 L stance
- 👤 Fighting stance

Block

- 👤 Middle block
- 👤 Rising block
- 👤 Low block

Strikes

- 👤 Hook punch
- 👤 All previous strikes

Combos

- 👤 Double punch – rear leg front kick
- 👤 Double punch – jump front kick
- 👤 Lead hook punch – lead leg side kick

Self Defence

- 👤 Same arm wrist grab

