

# Mini Ninjas

## Brown Belt

**Attendance** 2 months minimum since last test

### Fitness

- 👤 35 Jumping Jacks
- 👤 35 push-ups
- 👤 35 sit-ups
- 👤 20 squat thrusts

### Stances

- 👤 All previous stances

### Block & Punch Combination

- 👤 Hooking block
- 👤 Front kick – obverse + reverse punch
- 👤 All previous blocks & punches

### Strikes

- 👤 Pad drills - 1/2/3/4
- 👤 All previous hand strikes

### Form (pattern)

- 👤 Do San – (part 1) 12 movements

### Kick combinations

- 👤 Outward to inward crescent kick to spinning crescent kick
- 👤 Lead leg double turning kick
- 👤 3 x lead leg side kicks (no putting foot down between kicks)
- 👤 All previous kicks

### Set sparring

- 👤 3 step 1-3

### Self Defence

- 👤 Rear bear hug

### Tae Kwon Do Theory

- 👤 Tae Kwon Do tenets
- 👤 Movements in Do San – 24
- 👤 Count 1 to 10 in Korean
- 👤 Why do we “Ki Ha” on attacking techniques? *To make our techniques stronger, make us more confident, to scare and stun the opponent.*

