

# Mini Ninjas

## Green Belt

**Attendance**      2 months minimum since last test

### **Fitness**

- 👤 30 Jumping Jacks
- 👤 20 push-ups
- 👤 20 sit-ups

### **Stances**

- 👤 All previous stances

### **Block & Punch Combination**

- 👤 Middle block with reverse punch
- 👤 All previous blocks

### **Pad drills**

- 👤 Pad drill number 1

### **Form (pattern)**

- 👤 Form 1 to 3 (12 movements)

### **Kicks**

- 👤 Backfist - reverse punch
- 👤 Obverse punch - reverse punch - obverse hook
- 👤 Double punch – outward to inward crescent kick

### **Self Defence**

- 👤 Straight punch
- 👤 Single wrist grab

### **Tae Kwon Do Theory**

- 👤 Keep learning the Tae Kwon Do tenets
- 👤 Movements in Chon Ji – 19
- 👤 What date was Tae Kwon Do Founded? - 11th April 1955

