

Mini Ninjas

White/Black Stripe

Attendance 2 months minimum since last test

Fitness

- 👤 40 Jumping Jacks
- 👤 40 push-ups
- 👤 40 sit-ups
- 👤 30 squat thrusts

Block & Punch Combination

- 👤 Low block - rising block – reverse punch combination
- 👤 Side kick – Knife hand strike
- 👤 Knife hand strike – spinning knife hand strike
- 👤 All previous blocks & punches

Strikes

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

Form (pattern)

- 👤 Do San – (complete form 1 & 2) 24 movements

Kick combinations

- 👤 Lead leg jumping axe kick
- 👤 360 step over jump turning kick
- 👤 3 x hopping side kicks (no putting foot down between kicks)
- 👤 All previous kicks

Set sparring

- 👤 3 step 1-4

Self Defence

- 👤 Lapel grab and hook punch

Tae Kwon Do Theory

- 👤 Tae Kwon Do tenets
- 👤 Movements in Do San – 24
- 👤 Count 1 to 20 in Korean
- 👤 What does a wedging block defend against?
A double handed grab, twin vertical punch, double handed push or two handed front choke.

