

# Mini Ninjas

**White with double brown stripe**

**Attendance** 2 months minimum since last test

## Fitness

- 👤 35 Jumping Jacks
- 👤 25 push-ups
- 👤 25 sit-ups
- 👤 10 squat thrusts

## Stances

- 👤 All previous stances

## Block & Punch Combination

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

## Pad drills

- 👤 Pad drills - 1 & 2

## Form (pattern)

- 👤 Dan Gun – (part 1) 8 movements

## Combos

- 👤 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)
- 👤 Double punch - jump spin crescent kick

## Self Defence

- 👤 Rear bear hug

## Tae Kwon Do Theory

- 👤 Tae Kwon Do tenets
- 👤 Movements in Dan Gun – 21
- 👤 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.*

