

Mini Ninjas

Blue Belt

Attendance 2 months minimum since last test

Fitness

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

Stances

- 👤 All previous stances

Block

- 👤 Twin Forearm block
- 👤 All previous blocks

Strikes

- 👤 Knife hand strike
- 👤 All previous strikes

Form (pattern)

- 👤 Chon Ji (complete form 1 to 4) 19 movements

Kicks

- 👤 Spin hook kick
- 👤 All previous kicks

Self Defence

- 👤 Double lapel grab

Tae Kwon Do Tenets

- 👤 Courtesy – Be nice to others
- 👤 Integrity – Do not lie
- 👤 Perseverance – Never give up
- 👤 Indomitable spirit – Don't get sad when things don't go your way
- 👤 Self-control – Always behave

