

Mini Ninjas

Green Belt

Attendance 2 months minimum since last test

Fitness

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

Stances

- 👤 All previous stances

Block & Punch Combination

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

Strikes

- 👤 Pad drill number 2
- 👤 All previous strikes

Form (pattern)

- 👤 Dan Gun – part 1 & 2 (14 movements)

Kicks

- 👤 Inward to outward crescent kick
- 👤 Outward to inward crescent kick
- 👤 All previous kicks

Set sparring

- 👤 3 step number 1

Self Defence

- 👤 Straight punch

Tae Kwon Do Theory

- 👤 Keep learning the Tae Kwon Do tenets
- 👤 Movements in Dan Gun – 21
- 👤 What date was Tae Kwon Do Founded? – 11th April 1955

