

Mini Ninjas

Orange Stripe

Attendance 2 months minimum

Fitness

- 👤 10 Jumping Jacks
- 👤 10 push-ups
- 👤 10 sit-ups

Stances

- 👤 Attention stance
- 👤 Sitting stance
- 👤 Parallel Ready Stance

Block

- 👤 Low Block

Punches

- 👤 Single Punch

Combos

- 👤 Double punch
- 👤 Double punch – Rear leg front kick
- 👤 Double punch – rear leg jump front kick

Self Defence

- 👤 Double push to the front

Spirit

- 👤 Ki Ha shout (LOUD!!)

