

Mini Ninjas

Green Stripe

Attendance 2 months minimum since last test

Fitness

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

Stances

- 👤 All previous stances

Block

- 👤 Double forearm block
- 👤 Twin forearm block
- 👤 All previous blocks

Strikes

- 👤 Spin backfist
- 👤 All previous strikes

Form (pattern)

- 👤 Form 1 & 2 (8 movements)

Combos

- 👤 Backfist - ridge hand
- 👤 Double punch - hook kick
- 👤 Turning kick – side kick (same leg without putting foot down)

Self Defence

- 👤 Front single hair grab
- 👤 Lapel grab

Tae Kwon Do Theory

- 👤 Keep learning the Tae Kwon Do tenets
- 👤 Movements in Chon Ji – 19
- 👤 Where is Tae Kwon Do from? – Korea

