

# Mini Ninjas

## Purple Stripe

**Attendance** 2 months minimum since last test

### Fitness

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

### Stances

- 👤 Walking Stance
- 👤 L stance
- 👤 Fighting stance

### Block

- 👤 Middle block
- 👤 Rising block
- 👤 Low block

### Strikes

- 👤 Hook punch
- 👤 All previous strikes

### Form (pattern)

Number 1

### Kicks

- 👤 Front leg side kick
  - 👤 Rear leg side kick
  - 👤 All previous kicks
- Must demonstrate all four positions (up, out, back and down)
  - Must demonstrate balance

### Self Defence

- 👤 Same arm wrist grab

